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JENNIFER FRIESEN/FOR METRO

Clean green bin break

COMPOSTING

Calgary mayor, councillor want to offer free sample



Brodie Thomas
Metro | Calgary

Many Calgarians still aren't sold on the idea of a green-bin program for compostables — so one councillor wants to give them a free sample of the service.

Coun. Joe Magliocca has heard complaints from people in his ward about the program scheduled to roll out in the spring of 2017. "They do it for themselves for free and it's in their own backyard," he said. "They're saying, 'Joe — why do I need another bin?'"

Nevertheless, Magliocca believes the green-bin program will be good for the city, so he and Mayor Naheed Nenshi will

be asking council to find a way to eliminate the monthly fee until the end of 2017.

It's not just about selling people on the idea. Magliocca said his motion is also about giving Calgarians a break in hard times.

"It's not about the \$6.50 a month; it's to show them we're compassionate, we have a heart," he said.

The green-bin service has been run as a pilot project in four communities.

The city is building a \$143-million composting facility in the southeast that will be run by a private operator once it's complete.

Where the money for the discount would come from and how much it could cost remains to be seen.

"We're going to leave that up to administration. That's what the notice of motion directs them to do," said Magliocca.

He said the cost for delaying the fee could be around the \$1-million mark.

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Garbage, electronics, bikes, tents and clothing lie scattered throughout one of the illegal encampments in Inglewood. COURTESY KEVIN WATKINS

Patience with camps at an end

INGLEWOOD

Police urge residents not to seek stolen stuff solo



Lucie Edwardson
Metro | Calgary

Residents of Inglewood said they are fed up with the illegal encampments in their neighbourhood and having to sift through

the sites for their belongings.

Kevin Watkins, who has lived in the area for three years, told Metro on Tuesday that the encampments have been a reoccurring issue for him and his neighbours the entire time he's lived there. He said residents are finished waiting on police or the city to deal with the encampments so they can get their stuff back. "There have been times where about 40 people have said they're going to go out and clean up these camps themselves because they're fed up," he said.

Calgary police say they are

hyper-aware of the issue and urge residents to be patient and take the proper steps.

"Illegal encampments are a complicated social issue. You can't just walk in and rip down shelters people are standing at," said Sgt. Vincent Hancott.

He said CPS uses a multi-agency approach when dealing with the encampments and that there is a process in place.

"We need to establish who owns the property first and then they have to give a trespass notice to whoever is there," he said.

"We have to give them 72 hours



People are taking it into their own hands.

Kevin Watkins

notice."

Watkins said what is most challenging is that he and other residents call police and the city about the encampments all the time but rarely is anything done in a timely fashion.

"I was out yesterday at the

camp near the train tracks and I took a police constable in with me, and he basically had his hands tied. It's very frustrating," he said.

Ironically enough, when speaking with Metro on Tuesday, Hancott said the encampment Watkins spoke of had been cleaned up that day.

"As of right now, they are cleaned up today in one day, but that can't be expected all the time," he said. "Teams need to be assembled, de-briefed, and people are assigned to the job — and it costs money as well, so it's



TAKE ACTION

To file a complaint or learn more about what to do about an encampment in your area, call 311.

a very complicated social issue."

Hancott said for safety and legal issues, however frustrating it might be, residents should wait for police or bylaw officers before going into the camps to take them down or look for their belongings.

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Mother charged with murdering young son

CRIME

Police follow forensics but have yet to find a motive



Lucie Edwardson
Metro | Calgary

The mother of a three-year-old Calgary boy, Isaiah Zoue, who was found dead in his Ranchlands home last January is now facing charges in relation to her son's death.

According to Calgary police inspector Don Coleman, an autopsy was conducted but additional tests were required to determine Zoue's cause of death. It has since been classified as a homicide.

Coleman said police found Zoue around 9:50 p.m. on Saturday, Jan. 30 after they were called to check on the welfare of a resident in the 400 block of Ranchlands Grove N.W.

Once inside, police discovered a dead child. A woman found in the home was taken to hospital in stable, non-life-threatening condition.

Facing charges of second-degree murder is Fatim Bamba, 28, of Calgary. Bamba is Zoue's mother and will appear in court Friday.

"The circumstances will continue to be flushed out. We've gained enough of a picture to lay charges based on the investigation to date and forensics

+ CONTACT

Anyone with information about the incident is asked to contact police through:

- the non-emergency line at 403-266-1234
- the Homicide Unit Tip Line at 403-428-8877
- Crime Stoppers, anonymously

and interviews, but there are still other things to do," Coleman said.

He added that a motive is unclear at this time.

"We haven't gained much co-operation from Fatim at this point, so we're relying strictly on the evidence we've gathered so far," he said.

Coleman said that after Fatim was initially taken to hospital in January she remained there until late June. He said there is much "private information" in this case he isn't able to divulge.

Back in February, Zoue's father Yves Zoue described his son as "the perfect child."

"We just liked to play around," said the father. "He was very outgoing — so full of energy. Always moving and happy. He was just the kind of kid you would want."

The Calgary Police Service said there have been 17 homicides in this city this year.



He was just the kind of kid you would want.

Yves Zoue



Fatim Bamba, mother of three-year-old Isaiah Zoue, has been charged with second-degree murder in his death. FACEBOOK

SEX-ASSAULT REMARKS

Protests at judge's hearing

Jessica Daigle had a message Thursday for a judge whose future on the bench is being considered at a Canadian Judicial Council hearing.

"My fantasy would be Justice (Robin) Camp not only acknowledging the error of his ways but, at this point in time, he really should consider resignation because the public trust in the justice system is already waning," said Daigle, 34, as she held a placard demanding "Dignity For Victims" outside the Calgary hearing room.

A council committee is hearing from witnesses about Camp and his handling of a sexual-assault trial in which he chastised the complainant, questioned her morals and suggested she didn't try hard enough to fight off her alleged attacker.

"So far I've been really disappointed. I understand they are trying to make a case to show that he has reformed in his thinking," said Daigle, who described herself as a victim of sexual abuse. "For someone in his position, he should have had that knowledge to begin with."

Daigle said her case never went to court after she was warned by a detective about how difficult it is for sexual-assault victims during a trial.

Camp's comments in 2014 led the Alberta Appeal Court to order a new trial for the man he acquitted.

A law professor, paid by Camp to work with him, said the judge realized his remarks were "insensitive and inappropriate" and has since been educated.

"He was open and sincere and remorseful. He knew he had made some terrible mistakes," said Brenda Cossman, director of the Bonham Centre for Sexual Diversity Studies and a professor at the University of Toronto.

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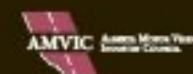
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Studying the essence of mobility

UNIVERSITY OF CALGARY

MoJo health centre to focus on researching bones, joints



Jeremy Simes
For Metro | Calgary

This mojo isn't the essence of Austin Powers' sex drive.

More appropriately, this MoJo, an acronym for a new \$13.2-million Mobility and Joint Health centre, officially opened at the University of Calgary Cumming School of Medicine on Thursday.

The MoJo is the first of its kind in Canada, according to Steven Boyd, director of the U of C's McCaig Institute for Bone and Joint Health, which will house and operate the facility.

Boyd said numerous research projects are occurring at the MoJo, featuring state-of-the-art imaging, movement assessment and diagnostic



University of Calgary researcher Steven Boyd speaks with participant Patricia Salo.

DON MOLYNEAUX / UNIVERSITY OF CALGARY

equipment that researchers use for bone and joint health.

In some studies, like the U of C's vitamin D and calcium supplements analysis, researchers use the same

equipment that NASA uses on astronauts.

Boyd said researchers hope to find cures for bone and joint disorders, as there are none for osteoarthritis, osteo-

porosis and rheumatoid arthritis, the big three musculoskeletal diseases.

"Our immediate goal is to develop techniques to diagnose — and correctly diagnose



Our immediate goal is to develop techniques to diagnose — and correctly diagnose — these conditions early. Steven Boyd

— these conditions early," he said. "It's designed to help solve these chronic diseases in terms of early diagnosis and intervention so that patients are put on a better track."

Patricia Salo, who's part of a vitamin D study which looks at the effects of calcium and vitamin D supplements on bone health, said she wants her older years to be healthy.

"I want to optimize my own health and I want to be active," she said. "There is lots of good research that goes on, and this is my little two-cents that I can put in."

The MoJo was established with support from the Canada Foundation for Innovation (CFI), the Government of Alberta, and industry partners and private donors. Both the CFI and the province each contributed a \$4.7 million grant.

"We are proud to have in-

vested in this facility, which will bring together researchers from fields as diverse as engineering and health to work on problems that have substantial impacts on quality of life," said Deron Bilous, economic development and trade minister, in a prepared statement.

Giles Patry, president and CEO of the CFI, said the facility will improve the health of Canadians, adding that "will lead to effective health-care solutions for these debilitating diseases that affect so many."

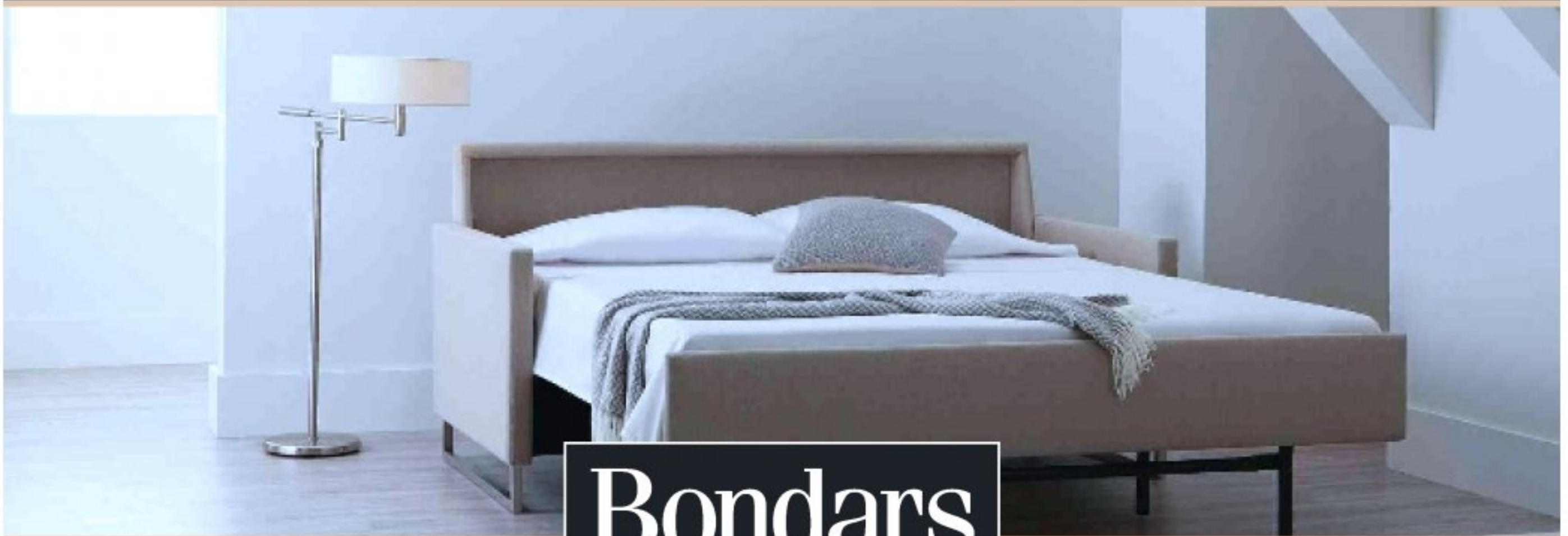
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The Mobility and Joint Health centre — MoJo — carries a price tag of \$13.2 million.



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ALBERTA PC LEADERSHIP RACE

First of Kenney's challengers emerges

A former member of the legislature from Calgary says she's going to vie for the leadership of the Alberta Progressive Conservative party.

Donna Kennedy-Glans says she's excited about entering the race that is to culminate with a vote by delegates on March 18. She says some of the decisions made by the NDP government are putting Alberta in a hard place to navigate and a course correction is needed quickly.

Conservative MP Jason Kenney is the only other person so

far in the leadership race, which officially begins on Oct. 1.

Kennedy-Glans was an associate minister in Alison Redford's cabinet, but resigned and left the Tory caucus in March 2014.

She said at the time that the party's inability to create change and a culture of entitlement led to her departure.

"It is really clear in my mind that this is what I want to do," Kennedy-Glans said Thursday about her leadership bid. "I've got a really solid team of people around me."

She said she doesn't believe Kennedy's unite-the-right campaign is needed.

"The PCs lost votes on the left (in the last election). They didn't lose them on the right. The unite-the-right model ... is a federal model. It doesn't work in Alberta." THE CANADIAN PRESS



The unite-the-right model ... doesn't work in Alberta."

Donna Kennedy-Glans

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Opioid epidemic partly doctors' fault: Regulator

ADDICTION

New rules for prescriptions being drafted



Jeremy Simes
For Metro | Calgary

Alberta's physician regulatory college has admitted doctors have played a part in the prescription-opioid epidemic.

On Thursday, the College of Physicians and Surgeons of Alberta (CPSA) held a council meeting to debate a drafted standard of practice of safe prescribing, which will be sent for consultation after it's approved.

"The medical profession has had a hand in creating the prescription opioid issue," said Kelly Eby, spokeswoman for the CPSA. "And now there's a responsibility to guide physicians and their patients on to a better and safer path."

Opioid prescribing by Alberta docs is among the highest in Canada, according to the CPSA.

The drafted standard of practice noted members changing the dosage or quantity of a patient's medication must document the rationale for the change and, whenever possible, communicate the change and the rationale to the patient's pharmacist and other members of his or her health care team.

When prescribing long-term opioid treatment for a patient with chronic non-cancer pain, CPSA physicians must prescribe



Some Alberta doctors have been over-prescribing pain medication, according to the College of Physicians and Surgeons of Alberta. THE ASSOCIATED PRESS FILE

the lowest effective dose and prescribe doses consistent with guidelines endorsed by council.

When exceeding doses in the guidelines, members must "carefully justify the prescription and document the justifi-

cation in the patient record," the draft said.

Amendments were made to the draft during the council meeting Thursday afternoon, but Eby couldn't say what the amendments were.



... There's a responsibility to guide physicians and their patients on to a better and safer path. Kelly Eby

The CPSA also adopted the 2016 Centers for Disease Control and Prevention (CDC) guidelines in the interim as Canadian guidelines are currently being reviewed. The CDC guidelines urge doctors to first try non-drug approaches.

The CDC guidelines have drawn ire from Dr. Brian Knight, who specializes in chronic pain management and is with the Alberta Medical Association.

Knight has warned the CDC guidelines interfere with the doctor-patient relationship.

He thinks doctors might have to decrease dosages based on the CPSA's potential new prescribing standards of practice, as not all doctors will be submitting justification letters.

But Eby said there will be plenty of consultation moving forward, as the report will go to council again in spring 2017 for debate.

She added that prescribed meds are sometimes the best option, while in other cases they may not be.

Knight said he'd like to see more pain-management alternatives if doctors will be required to prescribe less opioids to patients.

Eby said options for chronic pain management and addictions are reasonably limited.

"They exist and sometimes they are difficult to access," she said. "Alberta, as a whole, needs a better system. So one of the things we're doing is getting partners to work together on this."

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Redford gives portrait unveiling a miss

SCANDAL

Quiet return for former premier as artwork hung

Former premier Alison Redford officially returned to the Alberta legislature this morning.

Redford's official portrait was added to the legislature's paintings of past premiers on the third floor of the building.

She did not attend and there was no public unveiling in keeping with Redford's wishes.

The portrait was done by Calgary artist Leila Chan and cost \$12,500.

Redford stepped down as premier in March 2014 after 2.5 years in office marked by a public scandal over lavish spending on herself and her inner circle. Redford, Alberta's 14th premier, said she did not want to use a public unveiling

to put her own stamp on her time in office.

"I have observed that, traditionally, those in political life are inclined to use events such as this unveiling to paint their own picture of how they want to be remembered and what they hope their legacy might be," she said in a statement issued by the Speaker's office. "I am choosing not to do that."

Redford said every picture hanging in the legislature "tells

the story of the person in the portrait, shaped by Alberta's history at the time they served and the context in which that happened."

"While the temptation to paint their own pictures and tell their own stories will be hard for some to resist, I instead choose to leave the history of my time in office to be written when time has provided a clearer perspective."

THE CANADIAN PRESS



The portrait of former Alberta premier Alison Redford hung without fanfare. THE CANADIAN PRESS



Deepak Obhrai is one of eight candidates for the top spot in the Conservative Party. THE CANADIAN PRESS FILE

LEADERSHIP

Obhrai struggles for riding backing

Forest Lawn's MP Deepak Obhrai is drawing criticism from constituents in his riding after announcing his entrance into the Federal Conservative leadership race last Tuesday.

Shafiqul Islam, a resident of the riding, said Obhrai is too caught up in Ottawa politics.

"He needs to be more involved in the community," said Islam adding that although Obhrai may make a great leader with his active role in immigration, the southeast community has its struggles.

His thoughts were echoed by Scott Barker, who has lived in the Forest Lawn riding for four years.

"Living in an area like Forest Lawn, I get to see it up close and personal everyday," said Barker who added seeing some of the population grow up into drug users is difficult.

According to Barker, there's a 'war' in the neighbourhood he's watched over the years and nothing has changed.

"I think Calgary is a great place for Canada to learn from and Alberta is a great place for Canada to learn from," said Barker despite adding he doesn't have much hope for Obhrai's leadership run.

Embracing diversity in Canada and institutional discrimination are some of the main focuses of Obhrai's campaign according to his website



He needs to be more involved in the community.

Shafiqul Islam

— while also maintaining 'core conservative values'.

"My work in the last 19 years has had me do outreach to so many marginalized Canadians that are not just visible minorities, but also include Young Canadians, Francophones, Aboriginals and so many more, who feel that their issues are not being fully addressed currently in the Conservative Party," said Obhrai in a statement announcing his campaign.

Obhrai joins the race for the top spot of the Conservative Party of Canada with seven other MPs including: Maxime Bernier, Michael Chong, Tony Clement, Kellie Leitch, Pierre Lemieux, Andrew Scheer and Brad Trost. JOSIE LUKEY/FOR METRO

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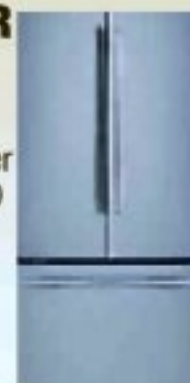
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RESOLVE breaks ground on accessible housing

SUPPORT

Apartments will offer variety of services for those in need

Josie Lukey
For Metro | Calgary

Gail Deroo knows exactly what it's like to live in a home not equipped for the disabled. Deroo — who uses a wheelchair — said finding accessible housing meant she could finally do things as if she were in a normal house.

"I went to a place (before) where you couldn't do anything, and then when I came here it's like I was finally free. I finally had a life" said Deroo.

Stories like Deroo's are the reason behind the demolition of an existing 11-unit building that will be replaced and rebuilt with 42 new studio suites and apartments that will be "barrier-free" and have 24-hour support systems.

Located in northwest Calgary, the "first dig" of the new building is part of the provincial government's \$1.1-billion funding for housing in the 2015-18 Capital Plan. The land is already operated by Accessible Housing, a non-profit organization based in



The province will be investing \$4 million to the project, which will help to alleviate Calgary's estimated homeless population of 3,000 people. JOSIE LUKEY/FOR METRO

I know firsthand the value of this type of housing.

Kent Hehr

Calgary.

According to RESOLVE — a campaign raising \$120 million to create affordable and supporting housing for homeless Calgarians — the building is

expected to help alleviate Calgary's homeless population, which Irfan Sabir, MLA and minister of human services, said is important.

"These are the people who need these supports the most, so that's why it's very important that as a government we are there for the most vulnerable segment of homeless society" said Sabir.

Kent Hehr, MP for Calgary Centre, was also in attendance showing his support for

the project. Hehr stayed in the previous 11-unit building when he was released from hospital as a C5 quadriplegic.

"I know firsthand the value of this type of housing," said Hehr.

Construction is expected to be complete by fall 2017 and residents are expected to move in November of the same year. Until then, Deroo will be living in Westview, Silvera, a seniors home, also supported by RESOLVE.

SPORTS

Red-hot Raptors in Calgary a hot ticket

Mathew Silver
For Metro | Calgary

How do you get one of the NBA's best franchises to come to Calgary?

That will be the case when the Toronto Raptors take on the Denver Nuggets as part of the NBA Canada Series Oct. 3, and Eddie Richardson III said it was no simple task.

Richardson, co-founder of Genesis Basketball, the city's elite youth hoops program, works closely with NBA Canada. He said that an NBA All-Star event at the U of C earlier in the year drew 3,500 people, which was enough to convince NBA brass that the product could be profitable in Calgary.

They were right. Tickets to the game sold almost instantaneously, and single tickets in the lower bowl are being priced upwards of \$850 on



The Toronto Raptors will play an exhibition game on Oct. 3 against the Denver Nuggets. THE CANADIAN PRESS FILE

ticket reseller Stubhub.

According to Richardson, early ticket sales are the upshot of some clever match-making on behalf of the NBA.

Along with being close in proximity, Denver's roster features a Canadian-born attraction in Jamal Murray. Murray,

who was selected seventh in the 2016 NBA Draft, is considered to be a part of the golden age of Canadian basketball.

Despite the crunch to get tickets, Aaron Fernandes, a point guard for Genesis U16, will be in attendance to see Murray's first pre-season game.

When he heard that NBA basketball would be played in the Saddledome, he was so incredulous that he had to call a coach for confirmation.

"It feels good that we get to experience an actual NBA game here in Calgary," he said.

Richardson echoed those sentiments, and said that the game is a step in the right direction for local basketball.

"It's an eyeopener from the city to really understand how big basketball is. The community has been so big for so many years," he said.

Richardson admitted that Calgary wouldn't be a primary candidate, should the NBA decide to add expansion teams north of the border, citing cities like Montreal and Vancouver with the population and fan base to support a franchise.

Good news for those who lost out in the ticket bonanza — the game will air on TSN.



Apoorv Sinha (right) and his team Carbon Upcycling are working on technologies to recycle carbon. AARON CHATHA / METRO

Capturing carbon and \$20M prize

ENVIRONMENT

Local entrants part of global competition



Aaron Chatha
Metro | Calgary

Two Calgary teams are competing for a \$20 million prize — and a chance to save the planet. The Carbon XPrize challenge is to take CO2 emissions from fossil fuels and transform them into one or more useful products.

The two teams, Clean Carbon Energy and Carbon Upcycling Technologies, are among 47 entries in seven countries competing for the prize.

Clean Carbon Energy is made up of mostly oil and gas professionals who are working on the project in addition to their regular day jobs.

They're currently in the lab phase of taking CO2 released from coal plants, injecting it into depleted oil and gas formations — known as biomass — which is then gasified and converted into plastics.

"Then the CO2 is fixed as a plastic, and we have a renewable source of plastic. Or you

could convert it to gasoline," said vice-president Craig Pichach.

"So, you're burning gasoline in your car, you don't need to worry about contributing to CO2 emissions because it's carbon balanced. You're just putting carbon dioxide that was taken out of the air, put into this gasoline and now you're burning it, and putting it back."

Carbon Upcycling, on the other hand, takes CO2 emissions and chemically absorbs them in another carbon feed stall.

"To give you a simplistic definition, basically we take something like coal or graphite and we mix that in with CO2 in our reactor," said Apoorv Sinha, team leader. "Ultimately what we get by mixing these things is a nanoparticle."

Nanoparticles, which are then partly composed of CO2, are useful as a reinforcing filler in concrete, or in polymers, like the material in plastic bottles.

It's a long process to win the \$20 million however. The submission deadline passed over the summer, now the teams go through three rounds over the next several years.

The grand prize will be awarded in 2020.

SURVEY

Home care in cities rated lower than rural areas



Jeremy Simes
For Metro | Calgary

Albertans in Calgary and Edmonton are rating their home-care service experiences a tad lower than their rural and smaller-city counterparts, according to a new survey by the Health Quality Council of Alberta (HQCA).

The HQCA is a provincial agency mandated with improv-

ing patient safety and service. It released the survey on Thursday, gathering responses from more than 7,000 Albertans, and found home-care patients in the province's largest cities gave the service a 7.9 out of 10.

That's not bad, but in cities with populations under 500,000 and in rural areas, respondents gave the service a score of 8.2 and 8.4 out of 10, respectively.

Andrew Neuner, CEO of the HQCA, noted there's more consistency in staff, fewer clients

and better client-patient relationships in smaller communities.

In particular, Neuner raised a red flag over what the survey suggests is a lack of clients being involved in their own care plans. One in five survey respondents said they weren't involved in the development of their own care plans.

"That's very fundamental for good care and good outcomes," Neuner said. "When clients and patients are involved in care

planning, the experience of care improves and outcomes improve."

Neuner said the survey will be repeated in two years to see if improvements have been made.

We need to really pay attention to what these folks are saying," he said.

Overall, he said, respondents rated home care as good.

"Many providers have something to be proud of and many have something to work on."

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9/11 steel on Canadian soil

REMEMBRANCE

Researcher studies impact of different monuments



Jennifer Friesen
For Metro

Ever since Dick Avers picked up a copy of the New York Times seven years ago, he's been chasing after rusting pieces of architectural steel.

Inside the paper, Avers read that the Port Authority of New York and New Jersey was donating hundreds of steel artifacts left from the collapsed World Trade Center towers to be used in public monuments marking the 9/11 terrorist attacks.

About a dozen monuments with the donated steel have been installed across Canada, including one in The Military Museums

in Calgary. Avers, a University of Calgary researcher, is now studying the monuments to see "how and why" Canadians have commemorated 9/11 differently.

"Some people feel like it is a symbol of an American war, and that the artifact shouldn't be on Canadian soil," said Avers. "But most people see that there is a strong cause and effect. Many more Canadians died in the fight in Afghanistan than on 9/11, and that's important to remember."

From fire-station monuments to peace gardens to traditional memorials engraved with the names of those who lost their lives, Avers says the steel objects are used in varying contexts.

"We have a whole generation of post-9/11 people coming into the world who don't remember the event," he said. "So when you have 12 different commemorative sites that don't commemorate the same thing, does that mean we end up with different histories?"

Avers, who is also an artist,



There's a valuable story to be told in this.

Dick Avers

collaborated with The Military Museums to bring the steel artifact to Calgary. Now, five years later, the piece is still in its temporary holding place. The plan was to build an accessible public art installation, featuring an architectural design visitors can walk beneath and touch. But in the absence of funding, it's been left unfinished. Avers' research project will inform the design once funding does come.

Avers will present his research at the Universities Art Association conference this October in Montreal.

"There's a valuable story to be told in this," he said. "I think it speaks to democracy and possibility."



Dick Avers collaborated with The Military Museums to bring the twisted piece of steel from the World Trade Center to stand as a monument in Calgary. JENNIFER FRIESEN/FOR METRO

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Bring recess back: University of Calgary



As part of the launch of the Gift of Play initiative, Erica Wiebe played games with students at Sacred Heart Elementary School. JENNIFER FRIESEN/FOR METRO

CHILDREN'S HEALTH

Olympian and astronaut help promote play



According to Erica Wiebe, no one could tear her away from the playground when she was a kid.

Now — years later and holding up a gold medal for wrestling from the Rio Olympics — she's returned to the schoolyard to encourage kids to keep playing.

On Thursday morning, Wiebe joined representatives from the University of Calgary's Faculty of Kinesiology, her alma mater, to launch their Gift of Play initiative.

As a way to celebrate the U of C's 50th anniversary, the Faculty of Kinesiology will be stencilling games on 50 school tarmacs on Saturday. Wiebe, former astronaut Robert Thirsk, students, teachers and volunteers kicked off the plan at the Sacred Heart Elementary School on Thursday.

"One of the things we wanted to do was encourage all the kids in Calgary to get more active," said Penny Werthner, dean of Faculty of Kinesiology at U of C. "They're all movement games, so it's around physical activity and getting them to move and jump and run and play."

The initiative was set in motion eight months ago in conjunction with the Be Fit For Life Network, and they plan to continue studying the results. Once the new games are stencilled

in, the faculty will research the effect on students to see if the low-cost resource does increase student activity levels.

Less than 10 per cent of Canadian children aged five to 17 meet the recommended activity level of 60 minutes per day, according to the U of C.

"I think playing is so important in allowing kids to learn, to grow, to become fulfilled adults and also give them that balance in the classroom," said Wiebe.

"Maybe play is minimizing because of the pressures on kids today to do their homework and to support themselves academically.... Play is kind of that missing puzzle piece towards excellence."

“Playing is so important in allowing kids to learn, to grow.”

Erica Wiebe

ADVERTISING FEATURE

HOW TO GET RID OF KNEE PAIN ONCE AND FOR ALL... WITHOUT DRUGS, SHOTS, OR SURGERY

Now, in Calgary, AB, one doctor is helping local residents with knee pain live more active, pain-free lives

Living with knee pain can feel like a crippling experience.

Let's face it, your knees aren't as young as you used to be, and playing with the kids or grandkids isn't any easier either. Maybe your knee pain keeps you from walking short distances or playing golf like you used to.

Nothing's worse than feeling great mentally, but physically feeling held back from life because your knee hurts and the pain just won't go away!

My name is Dr. Jack Kucheran, owner of Northside Wellness Centre. Since we opened 33 years ago, I've seen hundreds of people with knee problems leave the office pain free.

DO YOU HAVE ANY OF THE FOLLOWING CONDITIONS?

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New research in a treatment called low level laser therapy, or cold laser, is having a profound effect on patients suffering with knee pain. Unlike the cutting type of laser seen

in movies and used in medical procedures, the cold laser penetrates the surface of the skin with no heating effect or damage.

Cold laser therapy has been tested for 40 years, had over 2000 papers published on it, and been shown to aid in damaged tissue regeneration, decrease inflammation, relieve pain and boost the immune system. This means that there is a good chance cold laser therapy could be your knee pain solution, allowing you to live a more active lifestyle.

Professional athletes like Lance Armstrong and team members of the New England Patriots rely upon cold laser therapy to treat their sports-related injuries. These guys use the cold laser for one reason only...

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Before the FDA would clear the cold laser for human use, they wanted to see proof that it worked. This led to two landmark studies:

The first study showed that patients who had cold laser therapy had 53% better improvement than those who had a placebo. The second study showed patients who used the laser therapy had less pain and more range of motion days after treatment. If the cold laser can help these patients, it can help you too.

Although there are different types of lasers, the Calgary Flames have 8 of our type of laser systems.

Could This Non-Invasive, Natural Treatment Be The Answer To Your Knee Pain?

For 30 days only, I'm running a very special offer where you can find out if you are a candidate for cold laser therapy.

What does this offer include? Everything I normally do in my "Knee Pain Evaluation". Just call before October 7th, 2016 and here's what you'll get...

- An in-depth consultation about your problem where I will listen... really listen... to the details of your case.
- A complete neuromuscular examination.
- A full set of specialized x-rays to determine if arthritis is contributing to your pain.
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.
- You'll see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

Until October 7th, 2016 you can get everything I've listed here for only \$49. The normal value for this type of evaluation including x-rays is \$250, so you're saving a considerable amount by taking me up on this offer. Remember what it was like before you had knee problems... when you were pain free and could enjoy everything life had to offer. It can be that way again. Don't neglect your problem any longer — don't wait until it's too late.

Here's what to do now:

Due to the expected demand for this special offer, I urge you to call our office at once. The phone number is 403 291-0603.

Call today and we can get started with your consultation, exam and x-rays as soon as there's an opening in the schedule. Our office is called Northside Wellness Centre and you can find us near the Peter Lougheed Hospital



A new treatment is helping patients with knee pain live a happier, more active lifestyle.

just across the street from Value Village. Tell the receptionist you'd like to come in for the Knee Evaluation before October 7th.

Sincerely,
Dr. Jack Kucheran, D.C.
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Don't wait and let your knee problems get worse, disabling you for life. Take me up on

Droves descend on rec centre

QUARRY PARK

Long-awaited YMCA said to complete community



Mathew Silver
For Metro | Calgary

This Saturday is the Grand Opening of the Remington YMCA in Quarry Park, and the ceremony will be a satisfying end to a long journey on the part of community groups that lobbied for the new facility.

Stephanie Campbell is a member of the Southeast Community Recreation Society (SECRS), the group that got the project in motion, and she said there was a desperate need for recreational facilities in the southeast.

"We had nothing. We didn't even have a rink," she said.

Campbell also said the city couldn't provide infrastructure to match the growth of the surrounding area, but now that residents of Quarry Park



While the facility has been open to the public since Canada Day, the Grand Opening of the Remington YMCA in Quarry Park will take place on Saturday. JENNIFER FRIESEN/FOR METRO

can exercise and socialize at a state-of-the-art facility, she says the community feels complete.

Along with more traditional

amenities such as a gym and a pool, the building features a universal locker room, designed to accommodate all genders.

Ken Lima-Coehlo, vice-president of marketing and communications for YMCA, said that whether you're a dad

with two kids, the caregiver for an elderly person or a member of the LGBTQ community, you have access to a friendly

4,000

Approximate number of memberships sold to date

changing environment.

The facility has been in operation since Canada Day, and Lima-Coehlo, who lives in the neighbourhood, said that the public response has been excellent so far.

"They came in droves," he said, laughing.

In fact, demand was so high that the YMCA had sold 600 memberships before tours of the building even started. Now there are almost 4,000 members, and that number continues to climb.

Lima-Coehlo said the YMCA strives to make memberships as affordable as possible, a policy that goes back 150 years, and nobody is turned away because of financial need.

The Grand Opening will take place at 1 p.m. and feature a speech from Mayor Naheed Nenshi, and Ward 12 Coun. Shane Keating.

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WEEKEND EVENTS

FRIDAY – 125 Years of Wedding Fashion

The Lougheed House celebrates 125 years by showcasing 125 years of Alberta wedding fashion. Collections from the Museum of Highwood, Red Deer Museum, Royal Alberta Museum, Lougheed House Conservation Society and private collections will be shown off.

For more information, visit lougheedhouse.com

SATURDAY – Lego Imagine Nation Tour

The first Lego Imagine Nation Tour stops by the BMO centre with the most Lego ever seen in one place. Life-sized Lego models, up to eight feet tall, and a Lego car more than two metres in length stand by brick workshops and other Lego related activities.

For more information, visit legoimaginationtour.com

SATURDAY – Illuminasia

Illuminasia returns to the Calgary Zoo for its second year. This time, the theme is the four seasons and four plants of Chinese culture — one plant for each season. Visitors can expect to see 145 new lanterns, and the return of lanterns shaped like zoo animals.

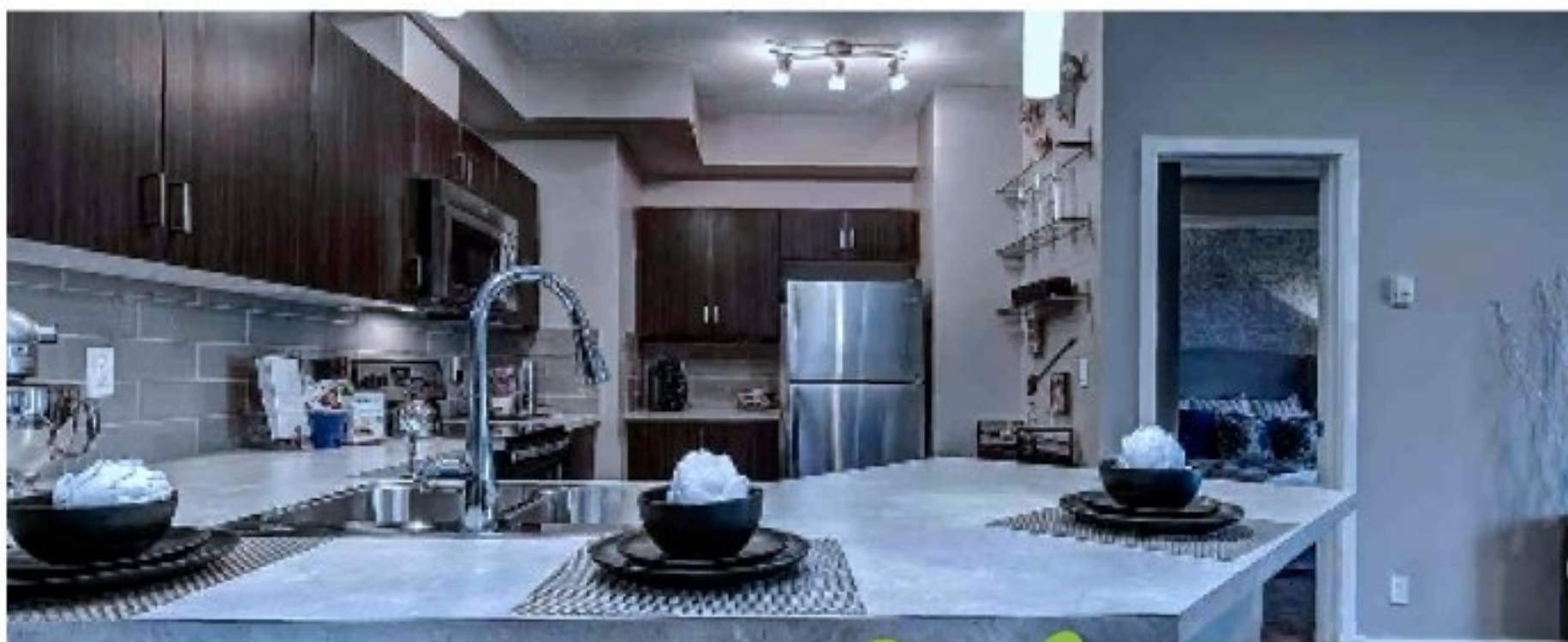
For more information, visit illuminasiacalgaryzoo.com.

AARON CHATHA/METRO

SUNDAY – Circle the Wagons

Circle the Wagons takes the University District this year, with two stages by BassBus where more than 20 artists will perform. There will also be Village Brewery tents, 12 local food trucks and roaming circus acts courtesy of Cirque de la Nuit. Also, expect some bubble soccer and wiener dog races.

For more information, visit circlethewagons.ca



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STREETSIDE DEVELOPMENTS

QUALICO 65



Annihilator hasn't toured Canada's west coast since the '90s, despite being Canadian. COURTESY JASMINA VRCKO

Annihilator returns

MUSIC

Metal Fest brings back historic bands



Aaron Chatha
Metro | Calgary

This year's Metal Fest heralds the return of Jeff Waters and Annihilator back to Calgary for the first time in more than two decades. Metal Fest takes place on Sept. 17. Visit calgarymetalfest.com for more information.

The last time you performed in Calgary was 1993 — what brings you back after so long?

I was cryogenically frozen and I'm back now. Nah, in '93 we had put our third album out. It did well, but not so much in North America.

It was right about the time when, history, 98 per cent of the metal bands in North America lost their record deals and labels were clearing house on anything with metal or heavy metal in their bios.

For me, I ended up putting out one of our bigger records a year later, but it wasn't released in North America. From 97 to 2007 was kind of a down time in Europe for us, which was still a very good time ...

Lucky for me, there's the internet and underground fans who followed us through this. So, now we get to come back

and play some Montreal, Quebec City shows and now Calgary, Waterloo and Ottawa.

How has the metal scene changed since the '80s?

I'm an old fart. I'm 50. When you're like my son's age, 21 years old and in metal, you've heard of Pantera and these are considered old bands for my son. The 80s were a massive time for melodic, heavy metal music that was becoming heavier, thrasher.

(In the '90s) we went through tons of line up changes. The reason we did that was survival. The economics of the 80s were so huge. When this type of metal went down, Europe kept everybody going.

It wasn't at the same financial level, so bands couldn't afford to hire ten crew. Now there's four crew and band members are getting paid half of what the line up before got. It was a survival thing.

Years later, fans would start discovering, through the internet, after new metal was dying down they went back to the past.

What's the appeal of metal to you?

For me, it's because I started out in a certain era. There would be so many clubs playing the early roots of metal. You go out on a Friday night with your buddies at 16, you would go to one of these clubs and there's be two or three options to see all these different types of metal bands. It would be all around.

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The Power to Surprise

Premieres and other magic

SCENE YYC

Whimsical children's film debuts at CIFF



Aaron Chatha
Metro | Calgary

With his new feature film, Calgary filmmaker Dave Schultz set out to make a children's film — but ended up making a film with children in it.

"I wanted to try something different," he laughed.

Considering Love and Other Magic, which premieres at the Calgary International Film Festival this month, follows teenager Jessie Wilson as she comes to the home of an award-winning novelist to tutor a 14-year-old boy living in the writer's mansion.

The boy, Tommy, insists that he hasn't left the mansion in more than half a century — and that he's actually been magically conjured from the pages of a short story that first appeared in 1952.

Jessie takes it upon herself to



Considering Love and Other Magic explores the mystery of a boy who believes he's an imaginary character. COURTESY DAVE SCHULTZ

explore the mansion's secrets and make Tommy a 'real' boy.

Schultz said he's often told that there's a lot of himself in every movie he creates, which

may be how his ideas grow through his writing and filming process. He hopes this one is something audience members will bring their kids to,

but recognized how the film has naturally evolved from its initial goals.

"It's like having a day dream, then finding other people to

act out your daydream," he said. "Sometimes it works really well, and sometimes it's a little different."

Schultz draws his stories

“

It's like having a day dream, then finding other people to act out your daydream.

Dave Schultz

into a unique visual style, filming in an old house with antiques and hidden passages. The movie draws into question what is magic and what's not — the so-called imaginary boy also has a mysterious uncle, a detective named Jasper Diamond.

Whether the uncle is more or less real than the boy is up for debate.

"Someone said to me, Dave, you're kind of like a Wes Anderson, except he has \$50 million to make a movie and you have a million and a half," laughed Schultz.

For more information and showtimes, visit www.calgaryfilm.com. The director and two of the actors will be in attendance at the screening.

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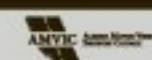
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Christie Burke on the set of Still/Born, shooting in Calgary. JENNIFER FRIESEN/FOR METRO

Eerie life on set for Canadian actress

MOVIES

Christie Burke living in home used for indie horror flick



Aaron Chatha
Metro | Calgary

Actress Christie Burke is currently living in the Calgary house that doubles as the set of her new horror movie, Still/Born.

Burke, of Twilight Saga fame, said it's not exactly a scary experience (it's just a house at the end of the day), except when the cast and crew try to make it a little eerie.

"The director would ask me, 'Hey, are you having a bath right now?' I'm like, 'No,' and he goes, 'Hmm, I wonder who that is?' That's terrifying because I'm in the attic and you're on the first floor — so who is that?" she laughed.

The film is produced by Calgary indie filmmakers Chris

Ball and Kurtis David Harder, who are channeling their horror skills for the first time after working in drama and sci-fi in previous projects.

Still/Born follows Burke's character, Mary, a new mom who was going to have twins, but lost one in childbirth. She suspects a supernatural entity took her first baby and is now coming for the other one.

"I actually had a twin that died at birth, with very similar circumstances, so when I read the script I was obviously attached to it," said Ball. "The best horror isn't from blood

of postpartum depression.

"The whole film plays with this balance," said Harder. "We're not sure if it's in her head or if it's real."

The hardest part for Burke has been dealing with the emotionally draining production. They're half way through, but are only now shooting scenes with other characters in them.

"The first week was me running around the house, screaming and being super depressed. So, I kind of went a little mad," Burke said.

In that week she was knocking down doors with an axe,



The first week was me running around the house, screaming and being super depressed. So, I kind of went a little mad. Christie Burke

and guts, but suspense, real world problems and trauma."

Trauma is the key word, as the audience isn't quite sure whether Burke's character is truly dealing with the supernatural or instead suffering through a dangerous episode

running through fake rain and getting pulled down hallways.

It's a rapid-fire shoot for the co-producers. As soon as production wraps, they're off to Cliff the next day for the premiere of their last film, Incontrol.

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Minister of National Defence Harjit Sajjan speaks during the UN Peacekeeping Defence Ministerial meeting at Lancaster House, in London, on Thursday. STEFAN ROUSSEAU/HE CANADIAN PRESS

Liberals stump for peacekeeping plan

MILITARY

Opposition says UN has shown itself unable to run missions

Battle lines are being drawn between Liberals and Conservatives as the government prepares to deploy hundreds of Canadian troops to an as-yet-unannounced United Nations peacekeeping mission in Africa.

The pending clash, which is breaking along ideological lines, was previewed Thursday and is expected to figure prominently when the House of Commons

returns from its summer break later this month.

At a peacekeeping summit in London, Defence Minister Harjit Sajjan affirmed the government's plan to make up to 600 soldiers and 150 police officers available for peace operations. The government will also spend \$450 million on peace support projects, and will host a similar peacekeeping summit next year.

"Supporting and encouraging peace is certainly part of what it means to be Canada," Sajjan told counterparts from around the world.

But even as Sajjan was touting the return of Canadian blue berets, Conservative defence critics James Bezan and Pierre

"We shouldn't be using our troops as pawns."

James Bezan

Paul-Hus were in Ottawa taking shots at the UN's record on peacekeeping, and the Liberal government's motives for pursuing such a mission.

Raising the spectre of peacekeeping failures including Rwanda and Bosnia, which many Canadians still remember, the Tories said the UN hasn't proven itself capable of managing peacekeeping missions.

Instead, Bezan held up Canada's participation in the U.S.-led war against Daesh as an example of a proper military mission.

"In the last 15 years," he said, "our success in these types of missions has been in peace-making, not in peacekeeping."

The Conservatives also accused the Liberals of being more interested in winning a UN Security Council seat than actually participating in a mission that is in Canada's national interest.

"The ultimate goal here is to achieve a seat at the UN Security Council when it becomes available," Bezan told reporters. "That to me is politics, and we shouldn't be using our troops as pawns." THE CANADIAN PRESS

POLITICS

Clement rejects values testing

Conservative leadership candidate Tony Clement says he will propose enhanced security screening for immigrants — but not a values test — as part of a broader plan for countering the threat of terrorism.

"If we can give our security personnel the right tools to identify potential threats to our country, then I believe that is exactly what we should be doing and quite frankly, that is where the threat is," Clement said Thursday as he shared part of the national security platform he plans to unveil in greater detail next week.

The Ontario MP and former cabinet minister initially declined to get into the debate over a proposal from leadership rival Kellie Leitch to vet immigrants and refugees for their views on what she calls anti-Canadian values.

But with discussion over the Leitch proposal still dominating the otherwise sleepy leadership campaign and other candidates speaking up, Clement said Thursday he decided to comment to keep the issue from overshadowing his policy

announcement next week.

Clement said Leitch's "trial balloon" is not the right approach.

"I think spending our resources to have government personnel deciding who or who is not going to be a good Canadian is neither practical nor desirable, but I do believe that we should enhance our ability to screen out individuals who pose a threat to our society," Clement said. "That's where our focus should be, not on the many immigrants who actually add to our society."

Clement said that should he be selected as leader next May, the party will be "pro-Canadian values," but that is not all.

"It will also be pro-immigration, it will be pro-national security and it will be pro-jobs and that's the kind of party that can win the next election," he said.

Clement said he did not want to go into any detail about his security proposal before his formal news conference Monday, but did refer to a June 2015 report from the Senate national security committee.

THE CANADIAN PRESS

IN BRIEF

Canadian swims alone across English Channel

A 30-year-old Toronto man has become the latest Canadian to successfully complete a solo swim across the English Channel. Samuel Bail finished the roughly 32-kilometre swim on Tuesday, taking 15 hours and 25 minutes to swim the distance between England and France.

According to the Serpentine Swimming Club, Bail becomes the 28th Canadian to complete the open-water swim since 1951.

THE CANADIAN PRESS

Lavalin cops to improper election donations

Montreal-based global engineering giant SNC-Lavalin continues to dig out from a series of corporate governance scandals, this time involving improper donations to federal political parties over a seven-year period ending in 2011.

A compliance agreement with the federal elections commissioner, announced Thursday, details almost \$118,000 in donations to the Liberals and Conservatives through employees or their spouses. THE CANADIAN PRESS

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The Coast Guard continue to search the rocky shoreline of Cape Spear, N.L., for two missing fishermen from Shea Heights, a small community on the outskirts of St. John's. PAUL DALY/THE CANADIAN PRESS

Search for fishermen enters its third day

TRAGEDY

Four men were onboard vessel capsized off N.L. coast

Walking the floor boards with worry and praying for a miracle: it's a sadly repeated ritual in Newfoundland where the sea gives life and, just as swiftly, takes it away.

"We live that life and that's who we are," said Johanna Ryan Guy, as the search for two of four men who went missing from a capsized fishing boat continued Thursday near St. John's.

Bodies of the other two men were recovered after the seven-metre craft was reported overturned Tuesday night near Cape Spear. All were from the close community of Shea Heights,

where grieving residents say it's beyond tragic that three generations of one family were on that boat.

A team of investigators with the Transportation Safety Board (TSB) is now looking into the deadly incident.

As in all maritime communities, dangers in the waters off Newfoundland are real and unpredictable.

"These are the risks that we take every other day," said Ryan Guy. "It never lessens anything that happens. It really, really doesn't."

"We're so close-knit, and thank God for that, because the community of Shea Heights — just like the community of St. Brendan's — will hold it together. They will, as best they can."

Her two brothers, Joe and Dave Ryan, died Sept. 19, 2004 when their almost 20-metre fishing vessel Ryan's Command-

"This could have been anybody in Newfoundland."

Ryan Guy

er capsized after slamming into rocks near Cape Bonavista in eastern Newfoundland.

Tuesday marked the 12th anniversary of their last departure from home in nearby St. Brendan's before their final trip ended in disaster.

The TSB found the vessel's stability was affected by a flawed design, creating problems that weren't fully understood by the owners, its builders or Transport Canada.

Accidents happen quickly and often without warning, said Ryan Guy, whose heart goes out to the loved ones of the men lost this week.

"We all feel for the family. I know people felt for us as well," she said. "This could have been anybody in Newfoundland."

Fish, Food and Allied Workers-Unifor, the union representing harvesters and plant workers in the province, offered its condolences in a statement Thursday.

"This latest tragedy is a heart-breaking reminder of how dangerous the profession of fishing is and how unforgiving the sea from which so many earn their living can be."

The TSB, in its recent report into three crab fishing deaths in 2015 on Placentia Bay, said there were 189 deaths involving commercial fishing vessels between 2000 and 2015 in Canada — 31 of them in Newfoundland and Labrador alone.

"The number of accidents involving loss of life on fishing vessels remains too high," it said. THE CANADIAN PRESS

BILL C-51

Liberals seeking input on terrorism law

The Liberal government's promised changes to a controversial anti-terrorism law likely won't come until next year, once officials have digested an array of public suggestions on revamping national security measures.

The government opened an online consultation Thursday, soliciting feedback on everything from sharing information and preventing attacks to conducting surveillance and ensuring intelligence agen-

cies are accountable.

The consultation, which can be found at canada.ca/national-security-consultation, runs until Dec. 1.

Public Safety Minister Ralph Goodale told a news conference in Edmonton the government also hopes House of Commons and Senate committees will hold public hearings on the national security framework.

It means any legislation flowing from these reviews

would not be tabled until December at the earliest and more likely in late winter or spring 2017.

In the 2015 election campaign, the Liberals promised to repeal "problematic elements" of omnibus security legislation, known as Bill C-51, ushered in by the previous Conservative government.

The bill gave the Canadian Security Intelligence Service explicit powers to disrupt terrorist threats and

not just gather information about them.

In the 2015 election campaign, the Liberals promised to repeal "problematic elements" of omnibus security legislation, known as Bill C-51, ushered in by the previous Conservative government. The bill gave the Canadian Security Intelligence Service explicit powers to disrupt terrorist threats, not just gather information about them.

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HOCKEY

Player pushes for transgender inclusion

Jesse Thompson wanted transgender inclusive policies for hockey dressing rooms to be implemented sooner and for them to be Canada-wide, but says an important first step is happening in Ontario.

The 19-year-old from Oshawa, Ont., got the ball rolling on transgender inclusion in 2013 when he filed a human rights complaint in Ontario against Hockey Canada.

Ontario's minor hockey branches agreed in 2014 to

change dressing room policies and to educate personnel on transgender inclusion.

The new policy states that "players who identify as trans can use the dressing room corresponding to their gender identity, be addressed by their preferred name and pronoun, and have the privacy and confidentiality of their trans-

gender status respected."

Full implementation is going to effect this 2016-17 season.



Jesse Thompson
THE CANADIAN PRESS

Thompson felt being forced by a minor hockey league official to change in a separate dressing room during the 2012-13 season "outed" him and exposed him to harassment and bullying.

If the atmosphere didn't change, Thompson said

he would have quit hockey.

He shared a dressing room with his teammates in his final season of minor hockey in 2013-14 and said his gender was a non-issue.

Minor hockey branches outside of Ontario have yet to adopt transgender policies. The issue hasn't been tabled for discussion yet at Hockey Canada's annual general meetings, according to a spokeswoman.

THE CANADIAN PRESS



Marlena Minkus-Beauchamp uses the program to visit her high school friend at Milner Ridge correctional facility, which is an hour away from Winnipeg. LYLE STAFFORD/FOR METRO

'Everyone is still human'

RIDESHARE

Volunteers offer free rides for isolated prison families



Matt Kieltka
Metro | Winnipeg

A one-of-its-kind rideshare in Winnipeg is helping break families out of the life-shattering isolation that comes with a prison sentence.

Bar None launched its prison rideshare program a year ago, and 45 volunteers have since provided around 200 free rides to-and-from remote prisons for people who otherwise wouldn't have any other way to visit incarcerated loved ones.

Bronwyn Dobchuk-Land, Bar None collective member and professor of criminal justice at the University of Winnipeg, said prison terms — especially among low-income and indigenous populations that are overrepresented in the correctional system — often do more damage than good to family relationships and community reintegration simply because family members and friends can't see them.

Poverty, no access to vehicles and a lack of public transportation to correctional centres located out of town can add up to feel like a sentence for a prisoner's family, too.

"Prison is deliberately an isolating place. For a family

it also represents a loss of income, can jeopardize housing and make everything more difficult," she said.

"When I raise the issue with my family members they realize there is this whole population of Winnipeg disconnected from their families. I would say that's unjust."

Marlena Minkus-Beauchamp, a 25-year-old Metis resident of our city's north end, has been using the program for the past six months to visit her high school friend, Shawn, at Milner Ridge correctional facility.

The drive takes an hour and she wouldn't have visited even once without the Bar None program.

"I don't have a vehicle nor do I know anyone who has one and there's no bus," said Minkus-Beauchamp. "He's still a good guy. Everyone is still human. The visits have been really important for him, it gives him something to look forward to."

Graham Stewart, 33, volunteers to drive people to prison visits once or twice a month — and has braved the occasional blizzard — because he knows how difficult it can be for families to get there on their own.

"(Prison) disproportionately affects people who experience poverty and are least likely to own a vehicle," he said. "So the only option would be a cab and that would be incredibly expensive."

Dobchuk-Land said Bar None is always looking for volunteers.

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This photo provided by Ryan McGowan shows the tattoo with 9-11 in Roman numerals on the nape of her neck. THE ASSOCIATED PRESS

The children that Sept. 11 left behind

TERRORISM

Unique cohort works to honour parents lost to catastrophe

They were kids, or not even born yet, when America's heart broke for them.

More than 3,000 children and young adults lost a parent in the deadliest terror attack on American soil, instantly becoming known as the children of 9-11.

As the 15th anniversary of the attacks approaches, these children are now adults or nearly so, and their Sept. 11 legacy is now theirs to shape.

Many have been guided by a determination to honour the parent they lost or the aware-

ness they so painfully gained. Here are some of their stories. "ONCE IT'S ON MY SKIN, I HAVE TO TALK ABOUT IT"

It's all right to ask Ryan McGowan about the "IX.XI" tattooed on the back of her neck. It's 9-11 in Roman numerals.

"Once it's on my skin," she says, "I have to talk about it."

Ryan was five, sister Casey four, when their mother, investment executive Stacey Sennas McGowan, was killed at the trade centre.

As a preteen, Ryan partly played the role of parent, helping her sister pick outfits for school and making dinner when their father, Tom, had to work. She came to think of her mother as "an amazing guardian angel."

Now 20, Ryan is a junior majoring in marketing at Boston College, where 19-year-old

"I have to talk about it."
Ryan McGowan, daughter of 9-11 victim

Casey is a sophomore in communications.

Often, Ryan makes her way through the campus to a labyrinth inscribed with her mom's name and those of 21 fellow BC graduates killed in 9-11. It's a place she feels close to her mother, whose remains were never identified and buried.

"I can just sit there and reflect," she says. "I don't have that anywhere else."

"I WANTED TO PLAY IN HONOUR OF MY DAD"

Ronald Milam Jr. doesn't always tell his football and basketball teammates that

there's a reason he wears the number 33. It's for his father, Army Maj. Ronald Milam, who was 33 when he was killed at the Pentagon on 9-11.

Ronald Jr. never met his father. His mother, then-Air Force Capt. Jacqueline Milam, was pregnant with him on 9-11. She safely escaped from the Pentagon.

Ronald Jr., now a 14-year-old high school freshman in San Antonio, is one of the more than 100 Sept. 11 victims' children who were born after the attacks.

He has his dad's features and unflappable personality. And his jersey number was a connection he could make with his father, a college player himself.

"I wanted to play in honour of my dad," he says. "So I picked that."

THE ASSOCIATED PRESS

HOMEcoming

Iconic flag returned to Ground Zero

An American flag raised at Ground Zero on Sept. 11, 2001, in a defining moment of patriotic resolve took its place at the site Thursday after disappearing for over a decade.

The three-foot-by-five-foot flag took a symbolic and curious journey from a yacht moored in

lower Manhattan to the wreckage of the World Trade Center, then to a firehouse about 2,400 miles away in Everett, Wash. — and now to a glass case at the National Sept. 11 Museum. A TV show, a mysterious man and two years of detective work helped track it down.

"In a museum that's filled with such deeply powerful artifacts, this newest of artifacts is certainly one of the most emotionally and historically powerful," museum president Joe Daniels said as the display was unveiled Thursday, three days before the 15th anniversary of the attacks.

The flag's absence, he said, "just felt like a hole."

After plucking the flag from a nearby boat, three firefighters hoisted it amid the ashen destruction as photographer Thomas E. Franklin of The Record of Hackensack, N.J., captured the scene.

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GUN VIOLENCE

Texas teen dead after shooting student

A 14-year-old girl died of an apparent self-inflicted gunshot wound Thursday after shooting and injuring another female student inside a high school in West Texas, according to the local sheriff.

Authorities did not release a possible motive for the gunfire that erupted shortly before 9 a.m. at Alpine High School in Alpine, a town of 5,900 about 220 miles southeast of El Paso. The shooting was followed by a series of unrelated threats made by a male caller that added to the chaos of the morning and diverted law enforcement

from the high school.

"That's ridiculous for someone to call in something like this when we've got this situation going on," Brewster County Sheriff Ronny Dodson told radio station KVLB.

The sheriff said the family of the girl who died had moved to the Alpine area about six months ago. She was a freshman at the school.

Dodson said the injured student ran outside seeking help and was taken to a hospital with injuries that weren't considered life-threatening.

THE ASSOCIATED PRESS



People gather near the Alpine High School after a shooting, in Alpine, Texas, Thursday. THE ASSOCIATED PRESS

Clinton opens up about aloof persona

U.S. POLITICS

In interview, nominee recalls some formative experience



Rebecca Williams
Metro | Toronto

Hillary Clinton spoke openly in a new interview published by Humans of New York Thursday.

The Democratic presidential nominee retold a story about taking a law admissions test at Harvard and having to endure heckling by her male counterparts.

"My friend and I were some of the only women in the room, I was feeling nervous," she says. "And while we're waiting for the exam to start, a group of men began to yell at us ... it turned into a real 'pile on.' One

of them even said: 'If you take my spot, I'll get drafted, and I'll go to Vietnam, and I'll die.'"

Clinton went on to perhaps challenge some of her critics head-on concerning her "aloofness."

"But I had to learn as a young woman to control my emotions ... And sometimes I think I come across more in the 'walled-off' arena. And if I create that perception, then I take responsibility."

The nominee's open comments about the balance between needing to "protect yourself" while not wanting to "seem 'walled off'" struck a chord with some women online.

"Women all over the world know this as fact, all too much. Be quiet, but not too quiet. Be smart, but not too smart ... it goes on and on," wrote a woman by the name of Michelle Jenkins in one of the top comments on the Humans of New York's Facebook post of the interview.



Hillary Clinton greets supporters Thursday at a campaign event in Charlotte, N.C. THE ASSOCIATED PRESS

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RUSSIA RIVER RUNS RED A picture taken on Thursday shows puddles of the bright red polluted water on the bank of the river Daldykan near the Russian city of Norilsk. Russia's environment ministry has ordered a probe into a possible industrial accident. In a statement, the ministry said it had received complaints from local residents. LIZA UDILOVA/GREENPEACE/AFP

Israel, Palestine to restart negotiations

MIDDLE EAST

Talks have been on hold for more than two years

Russia's Foreign Ministry announced on Thursday that the Israeli and the Palestinian leaders have agreed "in principle" to meet in Moscow for talks in what the Russians hope will relaunch the Mideast peace process after a more than two-year break.

But the wide gaps between Israeli Prime Minister Benjamin Netanyahu and Palestinian President Mahmoud Abbas left it uncertain if or when the meeting will take place, and raised doubts about whether they would make any progress if they do get together.

In another twist, an Israeli TV station reported that a document discovered by two Israeli

researchers indicated that Abbas had worked for the Soviet intelligence agency, the KGB, while living in Syria in the early 1980s. The professors said they were coming forward with the information to discredit Moscow as an honest broker in peace talks.

After years of taking a back seat to the U.S. in Mideast diplomacy, Russia has increasingly sought to take a leadership role in the region. It has developed close ties with Iran and sent fighter jets to Syria to back President Bashar Assad in his war against rebel groups.

In Washington, a spokesman said the U.S. State Department is following the Russian efforts closely and would "be supportive" of any kind of effort to bring the parties together.

Thursday's announcement in Moscow indicates that Russia is pushing forward with its attempt to become a peace broker after a setback earlier in the week. On Tuesday, Abbas said that a

meeting scheduled in Moscow this week had been delayed at Israel's request.

While bringing the men together would represent an accomplishment for Moscow, a diplomatic breakthrough seems unlikely.

Abbas and Israeli Prime Minister Benjamin Netanyahu remain far apart on key issues, and their differences have prevented meaningful talks since Netanyahu took office in 2009.

The last round of peace talks broke down two and a half years

ago, with no progress reported during months of U.S.-brokered negotiations.

In Moscow, Russian Foreign Ministry spokeswoman Maria Zakharova said Abbas and Netanyahu had accepted an invitation to meet in the Russian capital, but a date has not been set yet. There also was no word on whether the two had settled on an agenda for the meeting — the key stumbling block in preparations.

Abbas and Netanyahu exchanged a brief handshake last year at a global climate change conference in Paris but have not held a public working meeting since 2010.

Before returning to talks, the Palestinian leader has demanded that Israel halt settlement construction on occupied lands claimed by the Palestinians and carry out a prisoner release that was promised during the last round of talks.

THE ASSOCIATED PRESS

"The most important thing is to pick the right timing."

Maria Zakharova, Russian foreign minister

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ARGENTINA'S 'DIRTY WAR'

Ex-air force head convicted in old case

The former head of Argentina's air force was convicted Thursday in the kidnapping and torture of a left-wing activist couple during the 1976-1983 dictatorship.

The court then sentenced Omar Graffigna, 90, to 25 years in prison for the 1978 abduction of Patricia Roisinblit and Jose Manuel Perez Rojo, who belonged to the Montoneros guerrilla group.

Roisinblit was pregnant when she and Perez Rojo were taken

to a clandestine government detention centre. Their 15-month-old daughter, Mariana, was raised by the paternal grandmother, and the couple has never been seen again — two victims among the thousands "disappeared" by the military regime.

The plaintiffs in the case included Roisinblit's mother, Rosa de Roisinblit, who is vice-president of the Grandmothers of Plaza de Mayo human rights

group, and Guillermo Perez Roisinblit, the son born to Roisinblit at the notorious Naval Mechanics School in 1978.

Guillermo was known as Guillermo Gomez for decades, until he was contacted by his biological sister and the Grandmothers of the Playa de Mayo to finally learn about his biological parents.

He had been raised by Francisco Gomez, who has served time for stealing Guillermo

when he was an infant. Gomez was sentenced Thursday to 12 years in prison for the abduction and torture of Guillermo's parents.

Another former subordinate of Graffigna, Luis Tomas Trillo, was sentenced to 25 years.

"I waited for 38 years to reach this moment," Guillermo's grandmother, 97-year-old Rosa de Roisinblit said, trying to hold back tears in court.

THE ASSOCIATED PRESS



The Sacred Stones Overflow Camp is growing in size and number as more people arrive at the site along North Dakota Highway 1806. TOM STROMME-THE BISMARCK TRIBUNE/THE ASSOCIATED PRESS

Opponents use Keystone fight tactics

DAKOTA ACCESS PIPELINE

Successful challenge could lead to altered route

The American Indians challenging an oil pipeline that would cross four states have some legal advantages in a courtroom, particularly their tribe's status as a sovereign nation with long ties to the land in question.

But stopping a major project like the Dakota Access pipeline after construction has begun is difficult, and even if the Standing Rock Sioux win in federal court, the end result might simply be an altered route.

A judge is expected to rule Friday on whether to block construction of the pipeline that is supposed to pass close to the tribal reservation near the North Dakota-South Dakota border. No matter what the court decides, opponents seem prepared for a long fight, following many of the same tactics used to defeat the Canada-to-Nebraska segment of the Keystone XL pipeline.

The tribe's lawsuit alleges that the Dakota Access pipeline violates several federal laws, including the National Historic Preservation Act, and threatens the region's water

+ APPROVALS

The 1,886-kilometre Dakota Access project gained enough state and federal approvals to begin construction this summer on some sections of the route through North Dakota, South Dakota, Iowa and Illinois. Some of the work is on hold until the judge rules.

supply and sacred ancient sites outside of the 2.3-million acre reservation.

The tribe argues that the Corps should not have used a streamlined permit process when it reviewed the pipeline and that engineers did not do enough to consult with tribal members about the \$3.8 billion project as required by the historic-preservation law.

The Corps disputes those allegations.

The consultation requirement is an example of how the tribe's status as a sovereign nation could give it more influence, said Tom King, a consultant who has worked with tribes and businesses on historic-preservation issues for roughly five decades.

As a sovereign nation, the tribe is entitled to a formal process for airing any concerns.

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BROADCASTING

Skinny basic TV under fire

The national broadcast regulator should ban TV providers from removing bundling discounts from customers who opt for mandated, cut-rate, basic TV service, consumer groups told hearings Thursday.

The call came as both the Public Interest Advocacy Centre and the Canadian Radio-television and Telecommunications Commission revealed they had been "threatened" by at least two service providers over information posted online that was designed to aid consumers in finding better TV services.

Removing bundling discounts amounts to discrimination and runs contrary to the intent of new rules designed to provide consumers with greater choice and flexibility in buying TV services, said PIAC executive director John Lawford.

"We believe practices such as the removing of the availability of bundling discounts and of certain services, including video-on-demand and free previews, subject certain basic service subscribers to an undue disadvantage, which is not justified," Lawford told the CRTC.

"These practices deter customers from switching or subscribing to the skinny basic."

As Lawford was testifying Thursday, CRTC chairman Jean Pierre Blais questioned why PIAC had removed a page from its website which had offered consumers comparisons of cable and satellite TV services.

"We were threatened with... not a lawsuit. It didn't get that far," Lawford told the panel, as he described letters and emails PIAC received about its website content.

Blais responded that the CRTC had received similar letters and suggested that he would welcome legal action over the regulator's online consumer tools.

"If they want to sue us, make my day," he said.

THE CANADIAN PRESS

Canadians to pay more for iPhone 7

TECHNOLOGY

Price is about 8 per cent higher than south of border

Even after allowing for currency exchange, Canadians will pay more than their American neighbours for the latest iteration of the iPhone.

The differential on top of an adjustment for the strong U.S. dollar adds about eight per cent to the list price of the just-announced iPhone 7 series — without a contract and depending on the handset's size and storage capacity, said Sentry Investments vice-president Andy Nasr.

That calculation is for an iPhone 7, which is largely similar to the iPhone 6, although it boasts improved camera

+ APPLE BETTING ON WIRELESS WORLD

Apple wants to push users further into a wireless world. Its tactics: eliminate the headphone jack and market "AirPods" — wireless earbuds that it claims are better than Bluetooth.

AirPod angst: Analysts say Apple used a smooth-surfaced design that doesn't conform to the shape of the ear, and note

that having AirPods fall out while running or biking "is less forgivable at the \$159 cost level."

New direction: Analysts say Apple wants to promote its own brand of wireless listening gear since the market for such accessories is growing at a time when iPhones sales are slowing.

THE ASSOCIATED PRESS

function, better sound, greater water and dust resistance and a longer battery life. The phone starts at \$899 Cdn and \$649 US, with preorders beginning Friday.

With the U.S. dollar worth about \$1.29 Cdn, that \$649 south of the border translates into about \$839 here.



Airbnb co-founder and CEO Brian Chesky, in a message on the vacation rental website's blog, apologized for being "slow to address" racism problems. THE ASSOCIATED PRESS FILE

SHARING ECONOMY

Airbnb vows changes after racism charges

Airbnb on Thursday apologized for its slow response to accusations of racism and outlined new policies to combat the problem, including reducing the prominence of photos in the booking process.

The company also plans to automatically block future reservations for dates where a host has told someone that a property was unavailable.

Numerous anecdotes on social media with the hashtag #AirbnbWhileBlack recounted incidents in which African-American guests were told listings were unavailable for the

dates they wanted, only to see those same listings re-advertised later for the same dates.

"We have been slow to address these problems, and for this I am sorry," said Airbnb co-founder and CEO Brian Chesky in a message published on the vacation rental website's blog.

Airbnb did not bow to critics' requests that they remove profile photos entirely so that hosts can't reject guests based on appearance, saying photos are an important security feature so hosts can recognize guests when they check in.

THE ASSOCIATED PRESS

OBESSE TRAVELLERS

Advocate wins appeal

You don't need to be obese to stand up for the rights of obese people, the Federal Court of Appeal has ruled in a case over "discriminatory" airline seating policies.

The appeal court ordered the Canadian Transportation Agency to take another look at a passenger rights advocate's complaint over Delta Air Lines' policy of bumping obese travellers or making them buy two seats.

The agency had dismissed Gabor Lukacs' complaint because it found he didn't have standing since he was not obese and wasn't directly affected by the practice.

The complaint stemmed from a 2014 email from a Delta customer care agent to a passenger who felt he was "cramped" on a flight by a large passenger. In apologizing to the man, Delta said it sometimes asks large passengers to move, "purchase additional seats," or take another flight.

At the time he filed the appeal, Lukacs argued that dismissing his complaint simply because the issue didn't affect him personally was akin to disregarding someone's concerns over contaminated food just because they weren't made sick by it.

THE CANADIAN PRESS

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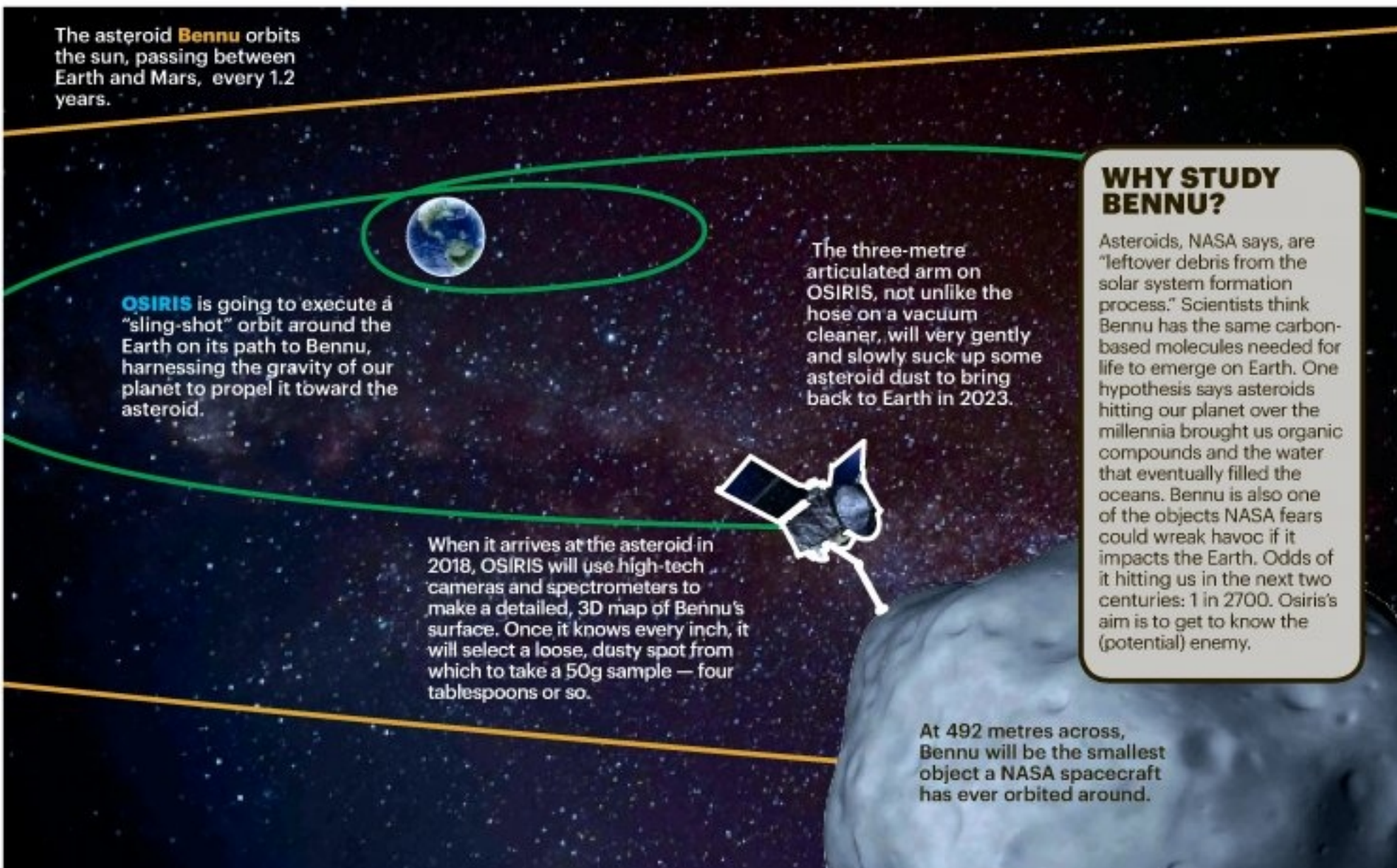
Your essential daily news

Baby booze: The more advertising teens see for particular alcohol brands, the more they drink — of those brands, and alcohol overall

DECODED by Genna Buck and Andrés Plana

LET'S GO CATCH AN ASTEROID

NASA's **Origins, Spectral Interpretation, Resource Identification, Security-Regolith Explorer (OSIRIS-REX)** blasted off yesterday, hurtling to the asteroid Benu. If it succeeds in its mission to bring home a piece, this will be the first asteroid sample ever collected, and the largest souvenir taken home from space since the days of the moon missions.



FINDINGS

Your week in science



LIANA JOSEPH

THAT'S WILD

In the past 20 years, a tenth of the world's unspoiled wilderness has been lost, according to a new study in the journal *Current Biology*. That's equal to the size of Alaska. The Amazon and central Africa saw the most devastation.

DON'T FORGET IT

A review in the journal *Nature* of seven past studies found yes, there does seem to be a higher risk of Alzheimer's disease among people who are regularly exposed to low doses of pesticides over a long periods — especially if they handle them at work.

SOUND SMART



DEFINITION

Trepanation is punching a hole in the skull, either for a real or imagined medical reason or alleged spiritual enlightenment (do NOT try this at home!). A new study shows modern **trepanation**, craniotomy, is better than other treatments for severe, traumatic brain injury.

USE IT IN A SENTENCE

Deborah got all excited by videos of at-home **trepanation** on YouTube, but we stopped her before she could drill a hole in her head.

PHILOSOPHER CAT by Jason Logan

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CITIZEN SCIENTIST by Genna Buck

Should I be freaked out by double yolks?

I got six double-yolked eggs in one carton. Why would this happen? Are they safe? It seemed like an overdose of hormones or something to me, so I threw them out just in case. — Deena, Toronto

I put your question to Frank Robinson, a professor of poultry physiology at the University of Alberta who calls himself a "chicken gynecologist." He said you have nothing to worry about, and what you found wasn't even unusual. "I've had this question a

couple of times," he said. "You get double-yolked eggs in two situations. One is when hens are really young, and two is when they're grossly overweight. The chickens that lay the eggs you buy never really get overweight."

Your eggs, Deena, were likely laid by what Robinson called "overexcited teenage chickens" with hyper-stimulated ovaries; not due to added hormones, but because that's natural at their age.

If a farmer's flock is all young chickens, nearly all the large and extra large eggs they produce

will be double-yolked. Eggs are sorted by weight. Because of the way they're processed and shipped, it's common for a dozen to all be from the same farm. Therefore it's not uncommon for all or most eggs in one carton to be doubles, Robinson explained.

Robinson said it drives him nuts when eggs are marketed as "raised without added hormones": chickens have been raised without hormones, by law, since the 1960s.

I think the lesson here is about staying skeptical (not contrarian

or obtuse, just skeptical), about the "facts" we take for granted — like the idea that chickens are raised with artificial hormones, an issue that has drawn a lot of public concern.

Hormones are used in agriculture in Canada, but not in poultry or pork production. If we decide, as a community, that's not something we want to do, we have to make that decision based on sound science, not panic.

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The Wild Life, opening this weekend, is the latest animated film to tell a story from the point of view of animals. CONTRIBUTED

Talking animals rule the theatre

ANALYSIS

Studios try to make bank on humanizing our furry pals

Richard Crouse

For Metro Canada



Broad vocabulary, grammar and syntax are the domain of humans, but science tells us millions of species communicate by using body language and intuitive calls. Chimps can be taught to sign simple phrases and elephants have individual sounds to signify danger and

emotions, but complex storytelling is left to us humans.

Unless you're at the movies. This year, theatres have been overrun by hordes of anthropomorphic animals. From Zootopia and Nine Lives to The Secret Lives of Pets and The Jungle Book, animals have been talking up a storm.

This weekend *The Wild Life* becomes the latest animated film to tell a story from the point of view of wildlife. A riff on Daniel Defoe's classic tale of survival, *Robinson Crusoe*, the film's narrator is a bright red parrot named Mak (David Howard).

In this version, Crusoe crash lands on an island where animals rule and must work with the chatty Mak, a tapir named



MOVIE RATINGS by Richard Crouse

Sully ★★★
The Wild Life ★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

Rosie and Kiki the kingfisher to save their home from an invasion by some savage felines.

Disney has the grandest tradition of talking animals — Mickey Mouse to *The Little Mermaid*'s Sebastian the Crab and Jiminy Cricket to name just a few — but they are not the only ones putting words into our pet's mouths.

Flushed Away comes from Aardman, the animation com-

pany behind Wallace and Gromit.

The story of an upper class pet mouse flushed down the loo by a bullying rat features great animation, an all-star British voice cast and something that all kids love — toilet humour. It swirls along at quite a clip, effortlessly mixing literate verbal and visual jokes — we glimpse a cockroach reading Kafka's *Metamorphosis* — with

potty humour that'll appeal to the kids.

G-Force's talking crime fighting guinea pigs come courtesy of uber-producer Jerry Bruckheimer. The voice cast includes not one, but two Oscar winners, which may be an indication that the recession has finally taken root in Hollywood.

When the best gig Penelope Cruz can get involves saying lines like "Oh, I have to save his fur again?" you know times are tight for A-listers.

Pixar's *Ratatouille* is an unusual cross between America's *Next Top Chef* and Willard. Remy (voiced by Patton Oswalt) is a sophisticated rodent with a highly developed sense of smell and a wicked sense of humour.

While his rat brothers and

sisters are happy to simply survive by scavenging through the garbage, Remy aspires to culinary greatness. *Ratatouille* does something no other film has been able to — not that a lot of have tried — it makes rats cute, lovable even.

On the live action front, *Zookeeper*, or as any Kevin James movie could be called, "Fat Guy Falling Down... A Lot," plays like Dr. Doolittle if Dr. Doolittle was a romantic comedy for kids. Luckily the animals come to the rescue. Luckily the monkey from *The Hangover 2* has some of the film's best lines. Adam Sandler provides the monkey voice, but also listen for the beastly vocal work of Cher, Nick Nolte, Don Rickles and Sylvester Stallone.



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Man behind biopic weighs in on Sully

SULLY SULLENBERGER

Retired pilot relives Miracle on the Hudson on big screen

Richard Crouse
For Metro Canada


On January 15, 2009, Sully Sullenberger was an airplane captain with 42 years of experience piloting a plane on a routine run from New York's LaGuardia Airport to a stopover at Charlotte Douglas International Airport. The next day he was a worldwide hero; an instant celebrity.

Shortly after takeoff his plane was disabled by a flock of Canadian Geese who flew into the engines, knocking out the plane's navigating system. In just under four minutes Sullenberger assessed the situation and, realizing there was no time to turn back, made the decision to land the craft on the Hudson River. The risky landing was successful and all 155 passengers and crew survived with only minor injuries.



Tom Hanks portrays the former U.S. Airways captain in Clint Eastwood's latest directorial offering. HANDOUT/TORSTAR NEWS SERVICE

To this day the now-retired pilot says that when he flies "other passengers often tell me, 'I feel so much safer now that you're on the airplane with us.' I'm not quite sure why they do, but I'm just glad they do."

The Miracle on the Hudson, as the New York press dubbed it, is now the subject of Sully, a

biopic from director Clint Eastwood and star Tom Hanks.

"Watching the film, especially in the IMAX format makes you feel like you're on that flight with us," Sullenberger said, though it thankfully doesn't bring back the anxiety of the day for him.

"Enough time has passed, and I've had enough time to process

this and make it a part of me and not something that just happened to me," he said. "I don't have quite the same emotions I had during that day, that flight, but the very first time I saw this film with my family it was a very emotional experience for all of us. The second time ... I was able to take it in as more of a usual

movie-going experience and see some of the things I wasn't able to see the first time."

As for having Oscar winner Hanks portray him, Sullenberger said the two "talked in some detail about the script and the obligation (Hanks) felt to get it right because after the film was completed I would be going

back to living my life and would have to live with however he portrayed me on screen."

Now that the movie is complete, he added that "it is a weird experience to see someone else onscreen portraying you and speaking words you actually spoke."

Sullenberger's story doesn't end with the landing. In the years since he has been named one of Time magazine's 100 Most Influential Heroes and Icons, written bestselling books and become a spokesman for St. Jude Children's Research Hospital. It's a whirlwind that changed his life forever.

"My family and I think of this story in two phases. There was the trauma of that flight itself — and then the trauma of suddenly becoming a world recognized public figure," he said. "Within a few months we had received 50,000 communications. Emails, letters, requests. The press was camped outside our house for 10 days. It was just overwhelming. It very quickly required finding a new way of living this life as public figures."

"We had to become more complete versions of ourselves to be able to do that."

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FLIGHT 1549

Investigators irked by portrayal

Losing thrust in both engines but still managing to land an airliner full of people in the Hudson River without the loss of a single life is plenty dramatic. But the drama in Sully, the movie about the Miracle on the Hudson ditching of U.S. Airways Flight 1549, doesn't stop there.

And that's a problem, say the former government accident investigators involved in the real-life investigation into the 2009 accident. The public, as well as pilots and others in the aviation industry, who see the film may get the wrong impression that investigators were trying to smear the pilot, Chesley "Sully" Sullenberger, they said.

"We're not the KGB. We're not the Gestapo," said Robert Benzon, who led the National Transportation Safety Board's investigation. "We're the guys with the white hats on."

Could the plane have made it back to LaGuardia Airport if Sullenberger, portrayed by actor Tom Hanks, had turned it around? Did the thrust in both engines quit after the plane struck a flock of geese or was there still some power in one? Was the U.S. Airways captain's performance affected by other factors?

It's true that those questions were asked, and many more, over the course of the 18-month

There is a very good chance that (viewers) will take this as proof of government incompetence.
Tom Haueter

investigation, but that's just part of NTSB's meticulous process intended to find all possible flaws that contribute to a crash, investigators said. That way the board can make safety recommendations to the government, industry, labour unions, aircraft makers and others. Thirty-five such recommendations were issued as a result of the investigation.

Investigators recalled Sullenberger and co-pilot Jeff Skiles, portrayed by actor Aaron Eckhart, as comfortable and cooperative. Pilot union officials representing them were present during all the interviews and at later public forums.

"These guys were already national heroes," said Benzon, who is now retired. "We weren't out to embarrass anybody at all."

But that's not how it comes across in the film, directed by Clint Eastwood.

"Until I read the script, I didn't know the investigative board was trying to paint the picture that he (Sullenberger) had done the wrong thing. They were kind of railroad him into 'it was his fault,'" Eastwood said in a publicity video for the Warner Bros. film.

Hanks told The Associated Press in an interview that a draft script included the names of real-life NTSB officials, but Sullenberger, an adviser on the film, requested they be taken out.

"He said, 'These are people who are not prosecutors. They are doing a very important job, and if, for editorial purposes, we want to make it more of a prosecutorial process, it ain't fair to them,'" said Hanks. "That's an easy thing to change."

Tom Haueter, who was the NTSB's head of major accident investigations at the time and is now a consultant, said he fears the movie will discourage pilots and others from fully co-operating with the board in the future.

Associated Press writer Lindsey Bahr in Los Angeles contributed to this report.

THE ASSOCIATED PRESS

Son of Spock boldly goes into the past

INTERVIEW

Adam Nimoy delves into life with the man behind the ears

Steve Gow
For Metro Canada



The son of Star Trek legend Leonard Nimoy remembers the first time he realized just how famous his father actually was.

Adam Nimoy was much younger then, and even though he also loved a new TV show called Star Trek, the son of Spock wasn't prepared for the barrage of fans that accosted the pair during a family visit to a West Los Angeles carnival.

"We were mobbed and had to leave immediately, it was really a weird scene," said Nimoy while promoting his film *For the Love of Spock*. "That was when I realized that things had changed forever — that we were no longer experiencing the same lives we'd been leading."



This idea of being an outsider seems to be the number one reason why Spock has resonated with so many people.

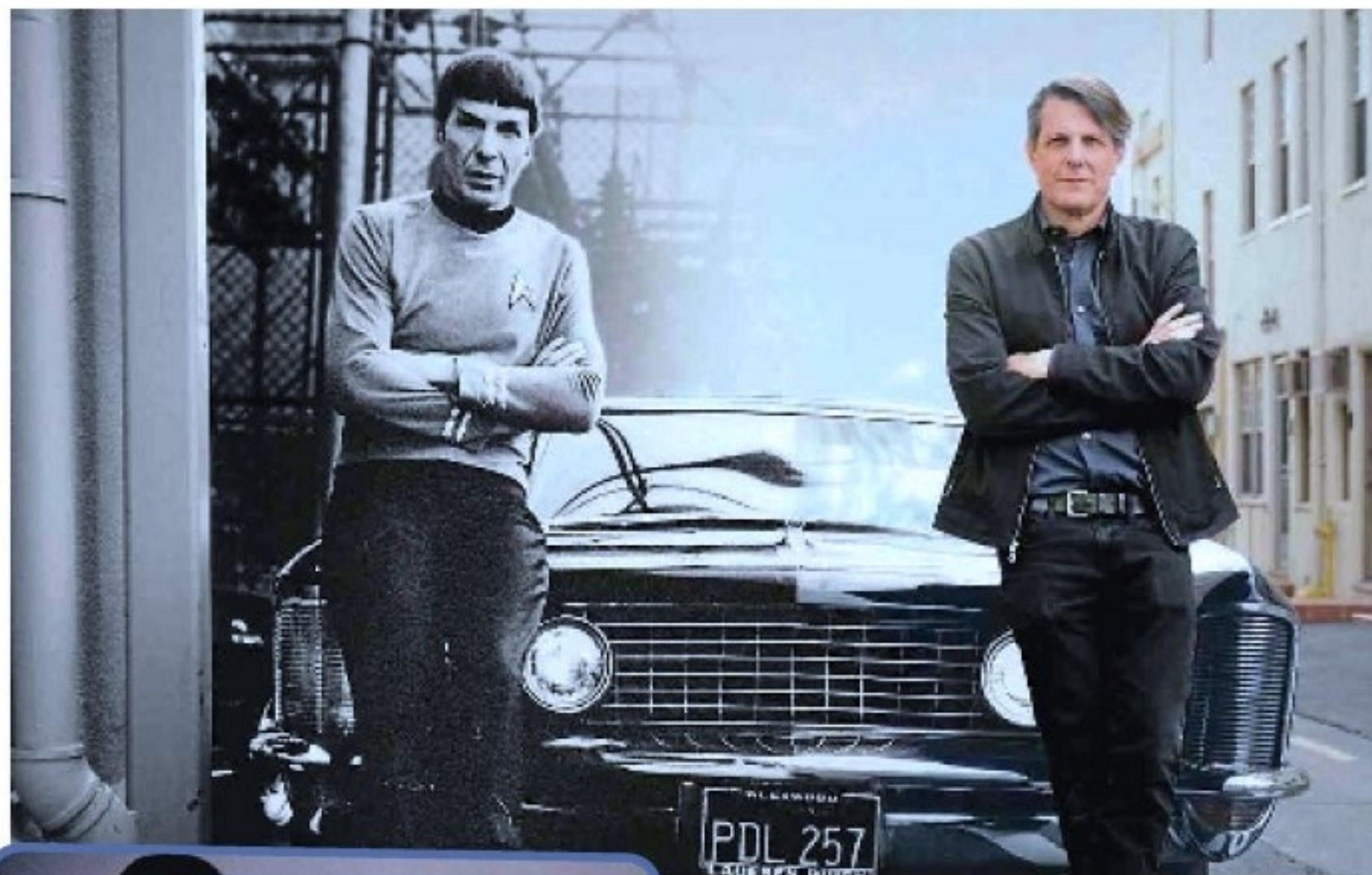
Adam Nimoy

For the actor's son, it also meant a lifelong struggle with his complex relationship to the man behind the pointy-eared Vulcan who has been part of the zeitgeist for 50 years.

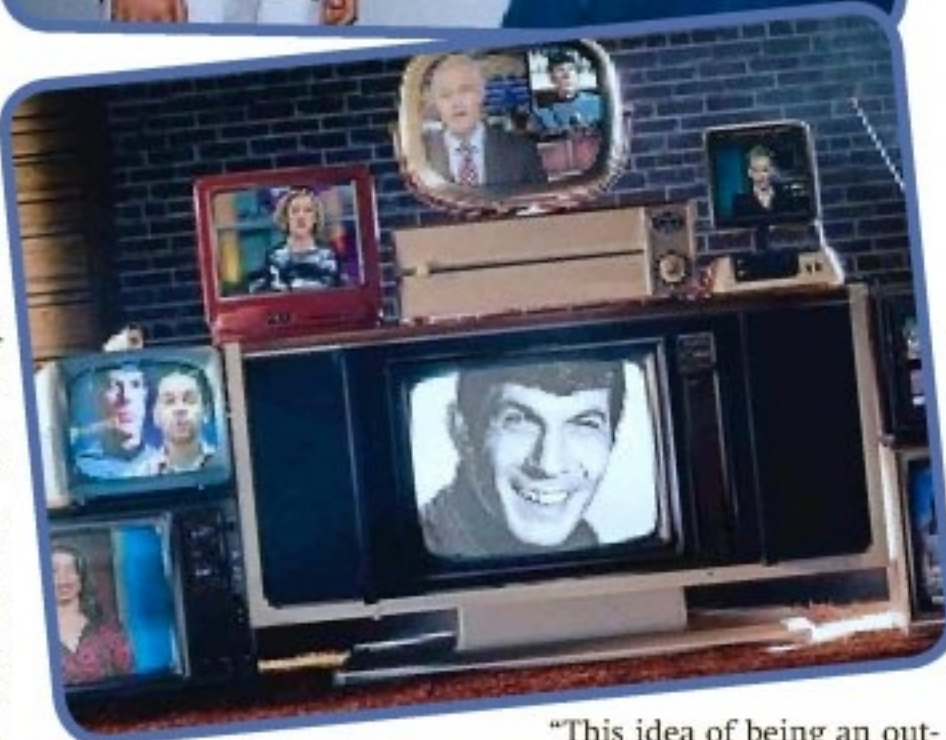
Originally envisaged as a tribute to the character of Spock, the film quickly became an exploration of the father-son relationship after Leonard Nimoy's death last year.

"He had great humility — he wanted it to be focused primarily about Spock, not on the brilliant career of Leonard Nimoy," recalled the 60-year-old filmmaker. "(But) after he died, it became clear that so many people were affected by my dad's career and who he was as a human being that we needed to include his life and legacy as well."

As such, Nimoy interviewed such series' luminaries as William Shatner and Trek revivalist J.J. Abrams to discuss their memories even as he explores his own discordant relation-



Leonard Nimoy's wild fame led to many struggles for his son Adam, with whom he had a complex relationship. CONTRIBUTED



ship with his famous father.

Still, as contentious as the Nimoy's youthful relationship was, Adam was always an admirer of Mr. Spock.

Ironically, it was this experience of fighting with fans for the affections of his own father that perhaps made him relate most to the character.

"This idea of being an outsider seems to be the number one reason why Spock has resonated with so many people," said Nimoy.

"There are a lot of great documentary filmmakers out there who could've done a great job on Mr. Spock and Leonard Nimoy but no one could've told my perspective, my particular unique story."

QUOTED

The misunderstood Leonard Nimoy

"People confused him with Mr. Spock and asked him what it was like to live on Vulcan," explained Nimoy of his dad naming his autobiography *I Am Not Spock*. "Up until the very last years of his life, he was trying to explain how he mistitled that book."

The power of Spock

"Spock is great to look at, number one. He's just so compelling and so interesting," said Nimoy of the character's resonance. "Spock was the guy who stood up and said it's cool to be an outsider."

Spock, before and after

"After my dad passed away there was this huge outpouring of emotion from everywhere," said Nimoy of the documentary's shift in focus to pay homage to the actor behind Spock. STEVE GOW/METRO



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Japanese-Canadian filmmaker Ann Marie Fleming's animated feature *Window Horses* features the voices of Sandra Oh and Ellen Page. THE CANADIAN PRESS/TIFF HANDOUT

A brighter window in the darkness

INTERVIEW

With a little help from Sandra Oh, Fleming feature illuminates Iran

Japanese-Canadian filmmaker Ann Marie Fleming was motivated by social and political unrest as she made her animated film *Window Horses*, featuring the voices of Sandra Oh, Ellen Page and Don McKellar.

Oh voices the main character, a 20-something Vancouver poet of Chinese and Persian descent whose life changes while she attends a literary festival in Iran. The film is screen-

ing at the Toronto International Film Festival, which runs Sept. 8 to 18.

"The reason why I wanted to do this film and why I moved it to Iran and why I think it's important to do now is I wanted to make a gesture of understanding, compassion and intolerance in this world of increasingly dark images and xenophobia and fear," says Fleming.

"This is not a political film in any way, but the gesture is political. I just wanted to make some lightness, to be able to see people for what we have in common and how poetry — poetry! — is actually the glue that's put us all together through all these millennia."



We recently spoke with Fleming about the film, which she wrote, directed and produced (in co-production with the National Film Board of Canada). It's slated to hit theatres in spring 2017.

What is the film about?

It's about a young woman who's invited to a poetry festival in Iran, where she finds out all these truths



This is not a political film in any way, but the gesture is political. I just wanted to make some lightness.

Ann Marie Fleming

about her father who she thought abandoned her as a small child. So it's about family history and about discovering your own voice through the voices of others.

What is the history of the film?

It started as a crowdfunding project and Sandra Oh came onboard, who I've known for a lot of years, and she loved,

loved, loved the story and she loved the animation. So she came on as executive producer and she got all of these incredible actors to come onboard.

This is a very small film, it's very low-budget and I had Don McKellar, Ellen Page, Nancy Kwan, Shohreh Aghdashloo, Navid Negahban, Omid Abtahi. All of these people who all came because of Sandra. I'm just so lucky.

How much did you expedite the process on this movie, then?

Because you said you wanted to bring this about now because of what's happening in Iran.

I've been trying to tell this story, this particular story, for many, many years and it was always the wrong time. I was having the hardest time to get funding. Like why would anybody fund a film about poetry in Iran, right?

And I just thought things are so negative now that I just had to take it into my own hands and that's why I started the Indiegogo campaign and that's why I got Sandra involved, because I knew that I needed to have a megaphone. I needed her stature, I needed her talent, I needed her world to come in and say: 'Yes, this is an important story to tell now.'

THE CANADIAN PRESS

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Study claims inequality a static issue in Hollywood

DIVERSITY

Report finds women, LGBT, minorities still largely left out

Despite widespread attention over diversity in the movie business, a new study finds that little is changing in Hollywood for women, minorities, LGBT people and others who continue to find themselves on the outside of an industry where researchers say inequality is "the norm."

A report to be released Wednesday by the Media, Diversity and Social Change Initiative at the University of Southern California's Annenberg School for Communication and Journalism offers a stark portrait of Hollywood's feeble to nonexistent progress in eradicating what researchers call "pervasive and systematic" problems in inclusiveness in front of and behind the camera.

Since 2007, USC has analyzed the demographic makeup of the actors, directors, writers and more from each year's 100 most popular films. Its latest addition adds data from 2015, but finds little change.

For example, 31.4 per cent of speaking characters in the analyzed films were female in 2015 — roughly the same number as in 2007. That's a ratio of 2.2 men for every single woman.

Characters identified as lesbian, gay or transgender accounted for less than 1 per cent of all speaking parts, or 32 out of 4,370 characters studied. That was a slight increase from 19 portrayals in 2014. After finding zero transgender characters in 2014, researchers could pinpoint one in 2015.

From 2007 to 2015, the study finds no significant change in the percentage of black (12.2 per cent), Latino (5.3 per cent) or Asian (3.9 per cent) characters in the most popular films.

Off screen, of the 107 directors of 2015 films, four were black or African American and six were Asian or Asian American. Just eight were women, still the most since 2008.

"We're seeing entrenched inequality," said Stacy L. Smith, a USC professor and the study's lead author. "Whether we're studying gender, race, ethnicity, LGBT or characters with disabilities, we're really seeing exclusionary forces leaving out anybody that's not a straight, white, able-bodied man. Despite all the chatter and all the activism and all the press attention, it's another year where the status



The appeal of the *Fast and Furious* franchise, which released its seventh installment in 2015, has long been based on both high-octane races and a much varied cast. THE ASSOCIATED PRESS

quo has been maintained."

USC researchers stressed that the study's results didn't just offer a portrait of inequality, but captured the invisibility of many from American popular cinema. Hollywood, the study concludes, is "an epicenter of cultural inequality."

Issues of exclusion and gender gaps have gained more attention in recent years following two straight seasons of all-white acting nominees at the Oscars and leaked studio emails from Sony Pictures that suggested evidence of disparity in salaries between male and female stars.

The fallout has led the Academy of Motion Pictures Arts and Sciences to diversity its membership. Some have individually taken action; TV producer Ryan Murphy in February launched a foundation to diversify the directors of his shows. Last month, even Michelle Obama spoke of the importance "for the world to see different images of each other."

But the USC researchers say not enough is being done by the upper echelons of the movie industry. Earlier this year, the researchers scored 10 major media companies on their diversity record across mediums. None passed.

"We've seen a lot of talk and little action," said Smith. "What we need now is for companies to take the same leadership position, be transparent in their inclusion goals and be accountable to representing the actual world

IN CANADA

Telefilm Canada has vowed to reflect more diversity on screen in the next four years. On Thursday, the Crown corporation announced a goal to build, by 2020, "a more representative and diversified feature film portfolio that better reflects gender, diversity and Canada's indigenous communities." The plan includes focusing on how to enhance existing diversity initiatives.

THE CANADIAN PRESS

we live in when it comes to the demography of the U.S."

Many of last year's most profitable movies, however, boasted diverse casts. The appeal of the *Fast and Furious* franchise, which released its seventh installment in 2015, has long been based on both high-octane races and a much varied cast. The year's top film, *Star Wars: The Force Awakens*, ushered in more diverse characters to George Lucas' galaxy. Female empowerment was also a big seller for *Mad Max: Fury Road*, *The Hunger Games: Mockingjay Part 2* and *Pitch Perfect 2*.

As a result, female lead or co-leads improved by 11 per cent from 2014 to 2015, one of the rare signs of improved inclusivity in the study. But even such

bright spots revealed other areas still wanting. There were still just three films featuring a female lead or co-lead from an underrepresented racial or ethnic group, and there wasn't one leading part for an Asian, man or woman.

"When we really drill down in the numbers, we see a perpetuation of the same groups getting access to the most visible roles, whether that's in the director's chair or on screen, and that continues to be the problem plaguing Hollywood's hiring practices," said Smith.

Issues over the type of representation also still remain. Though LGBT characters increased in 2015, only two were depicted as parents.

Females also continue to be overwhelmingly more likely to be sexualized. Women are more than three times as likely as men to be shown in sexually revealing clothing or nude.

The researchers added two new metrics to the study this year. They are now tracking characters with disabilities, making up just 2.4 per cent of all speaking roles in 2015's top films, even though 18.7 per cent of the U.S. population reported having a disability in the 2010 census.

To dovetail with an upcoming initiative on women in music, USC researchers also began studying the rate of female composers in film. They found 12 total in the 877 films studied over eight years, and only one in 2015.

JAKE COYLE/THE ASSOCIATED PRESS

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'Skin and beads' dress up for sale

SOME LIKE IT HOT

Steve Smith, JFK's brother-in-law, puts his arm around Marilyn Monroe, wearing the infamous flesh-coloured dress during a reception following her breathy Happy Birthday Mr. President performance at Madison Square Gardens in New York City on May 19, 1962.

BARELY THERE

The sultry actress wore the barely-there dress at Kennedy's 45th birthday celebration. Made of silk gauze and covered in thousands of rhinestone beads and sequins, the Jean Louis dress was so form-fitting that Monroe had to be sewn into it. "She called it skin and beads," said Darren Julien, president of Julien's Auctions.

THE 17-YEAR ITCH

The dress was first purchased 17 years ago at Christie's auction by the late financier Martin Zweig, who kept it in a climate-controlled display case at his Pierre Hotel penthouse in New York. It is being sold by his estate. Julien's Auctions will offer the dress for auction at a sale in Los Angeles on Nov. 17. The auction house believes the gown could fetch \$2-\$3 million.



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Crazy Ex-Girlfriend star Emmy-ready

TV

Hit CW sitcom received four nominations

Rachel Bloom started the year with a Golden Globe win for her starring role in the CW sitcom *Crazy Ex-Girlfriend*. A week later, she added a Critics' Choice Award to her mantle.

So, a 2016 Emmy nomination for lead actress in a comedy series seemed within reach.

But no.

"It was a bummer," Bloom acknowledged in a recent interview. "But, God," she continued, "the fact that I was even in the conversation, on the short list to get any nomination, is unbelievable."

But she's still a double

nominee. The show received four Emmy nominations for original songs, main-title theme, choreography and single-camera editing — and Bloom plays into the music nods.

Those awards will be among those presented at Saturday's Creative Arts Emmy Awards ceremony, which, unlike next weekend's prime-time show, in general celebrate technicians and others working behind the scenes.

Crazy Ex-Girlfriend casts Bloom as a New York lawyer, Rebecca, who, on a whim, abandons her posh but miserable existence to be with the love of her life, Josh (Vincent Rodriguez III).

Problems are that her so-called "love" was a decades-old summer-camp crush who is engaged to another woman and now lives in California.

And when Rebecca arrives, Josh has no idea why Rebecca is really there.

Bloom co-wrote the main-title theme with long-time collaborator Adam Schlesinger.

"I really miss that old-school television opening with a song telling you what the show is going to be, because it seems kind of cheesy and outdated," Bloom said.

Her nominated song is

Settle for Me, a Cole Porter-esque ballad (co-written with Schlesinger and Jack Dolgen), which places Rebecca and Josh's best friend Greg (Tony nominee Santino Fontana) in a lavish recreation of a Fred Astaire and Ginger Rogers movie-musical production number. "A dream come true," Bloom said of creating that sequence.

The 29-year-old Bloom has actually been down the

Emmy road once before, as a 2015 nominee for co-writing the short-form 'toon *Robot Chicken*. (The comic-fantasy *Adventure Time* took home the statuettes.) So, this time, she's ready. Her date is husband, actor and show consultant Dan Gregor.

As for Emmy-day preps?

"Rachel wakes up," she replied. "Everyone who's nominated on the show and their date is coming to my house

for a nice brunch spread while we ladies get their hair and makeup done. We have a 10-person limo booked for the *Crazy Ex* crew, so it's going to be like adult prom."

The Creative Arts Emmy Awards ceremonies are set to be held Saturday and Sunday at the Microsoft Theatre in downtown Los Angeles. The Primetime Emmy Awards ceremony is on Sept. 18.

THE ASSOCIATED PRESS



Series lead actress Rachel Bloom, left, as Rebecca, and Gabrielle Ruiz, right, as Valencia. TYLER GOLDEN/THE CW



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We have a 10-person limo booked ... it's going to be like adult prom.

Rachel Bloom

COLUMN

Wear white after Labour Day, you rebel

Lauren Pelley
Torstar News Service

On Tuesday morning, the day after Labour Day, I rifled through my drawers for something cool to wear in the stifling September heat.

I settled on white jeans.

Makes sense, doesn't it? The nearly 30 degree temperatures this week in Toronto have been overwhelming. And from a calendar perspective, the seasons don't change until after the Fall Equinox on Sept. 22.

But, as I slid on my snow-white denim, I heard an unidentifiable woman's voice in my head screech "Don't wear white after Labour Day!"

Is it my mother's voice or that of my style-savvy departed grandmother? I don't think so. Is it a proclamation from a '90s women's magazine or local news segment? Quite possibly. Or, perhaps, it was just some cliché that's been tossed around in conversations long enough to become ingrained in my head.

Wearing white after this arbitrary date seems, then, a mild

but delightful act of rebellion. A middle finger to social norms, a casting aside of a time-honoured tradition — and an acknowledgment that this no-white custom is silly and classist in the first place.

In early 1900s America, the summer season ended with Labour Day, according to the etiquette experts of the Emily Post Institute. "Society flocked en masse" from their city homes to seaside cottages or mountain cabins, and swapped formal attire for lighter, white summer outfits. When summer ended, the wardrobes were swapped yet again. "It was an age when there was a dress code for practically every occasion, and the signal to mark the change between summer resort clothes and clothing worn for the rest of the year was encapsulated in the dictum 'No white after Labor (sic) Day,'" reads an advice page on the Institute's website.

"Society," of course, can be read as the upper echelons of society, a leisure class that could afford seasonal wardrobes and gallivant between their summer and winter homes.

These days, magazines are shifting gears — "Of course you can wear white after Labour Day," *Chatelaine* proclaimed just this week — and plenty of men and women have long scoffed at the notion of ditching their lighter wardrobe staples in the fall because some elitists said so a century ago.

It's just one of many fashion "rules" slowly fading away. Modern stylists and fashion writers talk about ways to wear brown and black together, or navy and black, or whatever other colours have long been deemed taboo.

Still, you may hear someone scoff at your white jeans in September, citing that century-old Labour Day dictum, and not realizing where it comes from.

To that, I say: Rules — particularly the dumb ones — are made to be broken.



This model at New York Fashion Week rocks white after Labour Day. GETTY IMAGES

Kendall, Kylie channel that Yeezy style swagger

INTERVIEW

Sisters say they're more confident at NY Fashion Week

It was quite the family fashion day for Kendall and Kylie Jenner, who came straight from brother-in-law Kanye West's Yeezy show on Roosevelt Island off Manhattan on Wednesday to their own party celebrating their fashion label, KENDALL + KYLIE.

The fashionista sisters (and reality TV stars) said they were gradually becoming more confident designers with each new collection.

"I think that every season we get more and more comfortable," said Kendall, 20, who as a model is a frequent presence on top-designer runways at Fashion Week. "It's super-awesome. The line grows with us."

Added Kylie, 19, also expected to be hitting the runway this week: "We've learned how to work with each other better. I mean, everything down to certain fabrics and patterns. We definitely learned a lot."

The sisters said they've benefited from appearing as models for designers they admire.

"I think it's cool to be able to see both sides," Kendall said.

"I get to see the designers that I work with who are obviously on a much higher level than our brand at the moment."

"It's cool to see their process and what they have to go through behind the scenes, because it's kind of a goal



From left, Kendall Jenner, Kim Kardashian and Kylie Jenner attend the Kanye West Yeezy Season 4 fashion show earlier this week in New York City. GETTY IMAGES

to set and somewhere that I would like to be one day."

At the party, in the multi-tiered, technology-heavy Samsung 837 venue in downtown Manhattan, guests sipped cocktails and munched on hors d'oeuvres as they examined the new collection — heavy on leather, both black

and white.

Spray-paint artist Malcom Stuart was on hand to decorate T-shirts with his own custom emojis; One could also get a leather backpack monogrammed on the spot.

Many in the crowd had just spent the afternoon in the hot sun at West's marathon, al

fresco Yeezy show for Adidas (see page 46 in Metro Life). The Jenner sisters were full of praise.

"It was so awesome," said Kylie.

"I love watching his stuff. He's a genius and just seeing his work come to life, it's really cool." THE ASSOCIATED PRESS

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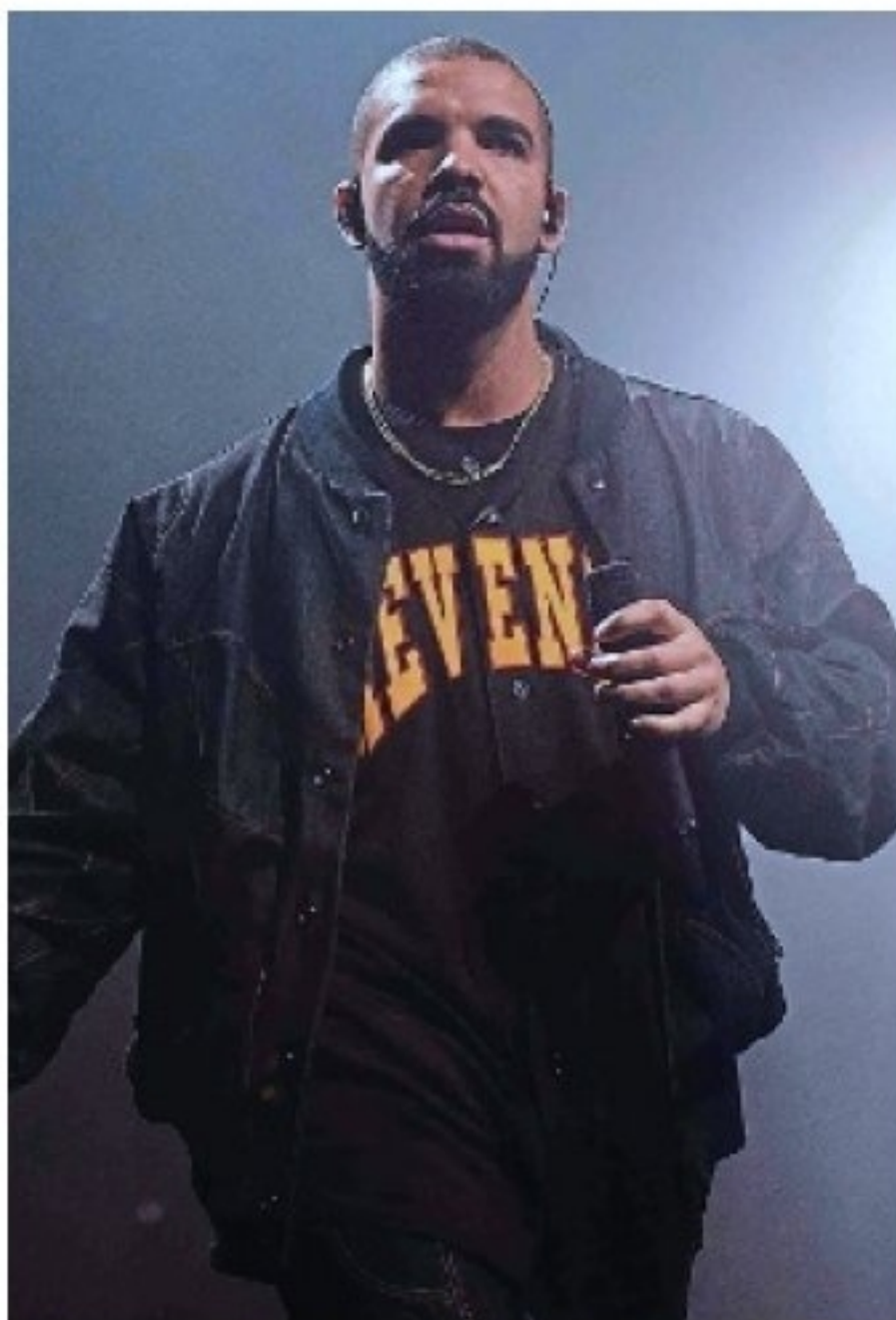
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Drake had over \$3 million worth of jewelry stolen from his tour bus in Arizona this week. CHARLES SYKES/INVISION/AP FILE

Drake gets bling back

ROBBERY

Police recover \$3M worth of jewelry stolen from tour bus

Hotline Bling rapper Drake saw the safe return of millions of dollars' worth of actual bling stolen from his tour bus in Arizona.

Phoenix police recovered a reported \$3 million worth of jewelry that was taken from a tour bus being used by the musician and DJ Future the Prince while they were performing Tuesday.

Travion King, 21, was booked into Maricopa County Jail on a burglary charge.

Police say they identified King as the suspect through surveillance footage at Talking Stick Resort Arena in downtown Phoenix.

They then learned that he was already in jail after being arrested for trespassing Wednesday morning by campus police at Arizona State University in nearby Tempe.

The stolen jewelry was subsequently found.

Sgt. Vince Lewis says the sus-

pect has done contract work in the past with local venues including the arena.

The theft was reported after a Tuesday night concert. According to police, the suspect had removed a briefcase containing the jewelry within a 15-minute window.

Lewis did not say who owned the jewelry, but confirmed it did not belong to Drake.

Representatives for Drake did not immediately respond to requests for comment Wednesday. A representative for Future the Prince declined comment on the theft case.

Drake has been co-headlining his Summer Sixteen concert tour with fellow rapper Future. Future the Prince is Drake's official DJ.

The tour, which began in mid-July, includes stops all over the U.S. and in Drake's home country of Canada.

One of the most recognizable rappers for hits such as Hotline Bling and albums such as Nothing Was the Same. His latest album, Views, was released last spring.

Future the Prince is also a producer who has worked on records for several musicians including Adele.

THE ASSOCIATED PRESS

MIDNIGHT STAR

Trans icon The Lady Chablis dies at 59

The Lady Chablis, the transgender performer who became a celebrity for her role in the 1994 bestseller *Midnight in the Garden of Good and Evil*, has died in Savannah.

Chablis' sister, Cynthia Ponder, confirmed she died Thursday morning at a Savannah hospital. She was 59.

Author John Berendt chronicled an array of eccentric, real-life characters in *Midnight*. Berendt said Thursday that

Chablis was the most popular. He said "she had more to do with the book's success than any other character."

Chablis played herself in the 1997 *Midnight* movie directed by Clint Eastwood. That same year she published an autobiography, *Hiding My Candy*.

Cale Hall, co-owner of the Savannah nightclub where Chablis performed since 1988, said fans admired her "pure honesty." THE ASSOCIATED PRESS



The Lady Chablis at the premiere of *Midnight in the Garden of Good and Evil* in 1997. SCOTT BRYANT/SAVANNAH MORNING NEWS



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INTERVIEW

R&B singer doesn't know how to be fake, and won't be

With her debut record, Jillian Banks scored critical buzz, earned a left-field hit in Beggin for Thread and set herself apart in a crowded electronic-R&B field where it's increasingly difficult to find air (or airtime).

It's worth mentioning those achievements because Banks herself probably wouldn't. Breakthrough status might await Banks as she prepares to release her sophisticated sophomore record *The Altar* on Sept. 30 and yet, as the mellow-to-the-marrow singer materializes at Revolution Studios for a round of press, it becomes clear self-promotion doesn't come naturally.

"I don't know what I'm supposed to say in interviews or how much I'm supposed to say," she laments, noting that she'll freeze up at a question as innocuous as "What's different about this album?"

"It's unnatural for me. I'm so private. And I don't feel comfortable opening up to people unless I really trust them and know them.

"It's almost easier in this business to be fake, but I don't know how to be fake," she adds. "If I see somebody commodifying themselves, I'm so uninterested in anything they have to say. I'm really bored by the plastic-ness of it all."

Well, the press-averse Banks was kind enough to answer some of our questions.

The chorus of Gemini Feed is "you're passive aggressive." What's your definition of passive aggressive behaviour?

Passive aggression is, first of



Jillian Banks may be as press-shy as The Weeknd

Jillian Banks shared some of her ideas and anxieties at Revolution Studios in Toronto. MELISSA RENWICK/TORONTO STAR

all, painful to be receiving. In that song I was referring to it in a "trying to make someone feel guilty" type of way — but not directly, just in a secret, passive way, which is just infuriating. It's like this secret, secret little snake. It doesn't always come from a bad person. If you haven't seen someone in so long and you love them and they're so far, and you want more attention, that's where passive aggression

could stem from.

You're a Gemini, aren't you? I don't know anything about astrology; do you put any stock in it?

Kind of. I think there are little traits in everybody. Being a Gemini means you have two separate sides that you identify with. For example, I'm either an extroverted introvert or an introverted extrovert. Whichever way you say it

causes social anxiety, because I don't get my energy from being around people at a party; I get my energy from being in my own space. But I still am a social being; I get really lonely if I'm alone for too long. So it's this confusing thing. Even if you're extroverted tonight, you could be introverted tomorrow and anxious about the night before.

Mother Earth is sonically the

most different thing on the album. What's it about?

Mother Earth is an ode to femininity; an ode to being a woman in this time. It's like I was singing from the perspective of wanting to heal the world or something. I've felt what a lot of women have felt, and that song came from the pain of that, but it's not a sad song. It's a really powerful, uplifting song for me when I listen to it. It gives me strength.



You toured with The Weeknd and you're in Toronto now, so I'm guessing it's come up?

Every interview. It's funny being here. I love The Weeknd. He's been super supportive of me since the beginning. The first tour I ever went on was with him. I loved seeing him from the first to the second tour, I loved seeing it grow and being part of it. It feels kind of like a little family.

Is he as shy as everyone says he is?

He's as talented as everyone says he is.

I read that you watch cartoons when you can't sleep. Which cartoons?

I like Adventure Time, but I also like Rugrats and Hey Arnold! I'm also creating my own cartoon. I'll tell you about one character: Sans Peau is her name, which means "no skin" in French. She's inside-out. She leaves little bloody footprints everywhere she goes. She goes on adventures with her inside-out self, but she doesn't feel self-conscious. She's my idol.

TORSTAR NEWS SERVICE

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MUSIC BRIEF

Springsteen breaks record for longest U.S. show

Bruce Springsteen and the E Street Band just don't want to leave the stage.

Wednesday night's concert at Citizens Bank Park in Philadelphia lasted nearly four hours, four minutes, breaking

the previous record for the group's longest U.S. show set last week.

Philadelphia Daily News sports statistician and Springsteen fan Bob Vetrone Jr. clocked the show at four hours, three minutes, 46 seconds. THE ASSOCIATED PRESS



Bruce Springsteen, centre. THE ASSOCIATED PRESS FILE

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Firearm-friendly fashion finds its demo

U.S. GUN CULTURE

Entrepreneurs cater to female form, function

For decades, women have had few choices when it comes to the clothing they can wear to hide that they're carrying a firearm. They could wear baggy T-shirts or coats, or put it in a purse and hope it didn't get

swiped or that they didn't have trouble getting it out in an emergency.

Enter holsters, corsets, camisoles and other clothing designed to be flattering, feminine — and functional — for the pistol-packin' mama crowd in the U.S.

"I don't want to dress in tactical gear and camo all the time. I love tactical clothing for the range. It's comfortable. I don't want to ruin my everyday cloth-

ing," said Marilyn Smolenski, who in 2012 created Nickel and Lace, a company that caters to women who want to carry a firearm concealed but don't want to trade in their femininity. "But I don't want to wear it to the grocery store."

Smolenski started her company right around the time Chicago city laws changed and she could again legally carry a firearm. She struggled to find something that didn't make

her look frumpy and didn't broadcast that she was packing heat. Most of the clothing was geared to men.

"When you put a man's holster on a woman's body it sticks out. It doesn't hug the body," said Carrie Lightfoot, founder and owner of The Well Armed Woman in Scottsdale, Arizona, which does everything from providing firearms instruction to women to selling a variety of concealed carry clothing.

Lightfoot and Smolenski said that some manufacturers tended to "shrink it and pink it" — thinking that taking gear produced for men and making it smaller and brightly colored would satisfy female customers. They and their counterparts emphasize they are driven first by function and safety before esthetics come into the equation.

"Women need to know they can carry effectively," Lightfoot said. "I think the key is finding a way to carry it so you can be comfortable and move through your day without being poked and having a big hunk of metal in your pants and not be able to sit at work."

Both are advocates for providing women with information and guidance on ways to feel secure and be safe. For Smolenski, that goal has led to the creation of the annual Firearms and Fashion Show which includes seminars on personal safety. Her company actually got its start with a line of jewelry — from necklaces that can be pulled away easily and then used as a weapon to "chopsticks" that can both be used to hold up hair and then be wielded against an attacker.

For Anna Taylor, the founder

and CEO of Dene Adams LLC, the road to creating a line of concealed carry clothing began around the time she became a single mom and the safety of the family rested on her shoulders. When she got her first concealed carry permit in 2013, she went through seven different holsters.

"Some were hard and uncomfortable. Some of them I'd have to take off and set down when I went to the bathroom and I was afraid I would go off and leave it just like I've left my phone behind before," Adams said.

Her first design involved a mousepad and a post-partum corset to create a soft holster. With her last \$200, she found a manufacturer willing to do a small run. Flash forward three years and she now has products on shelves at nearly 100 dealers around the country. She has expanded into safety and training and is now an NRA pistol and rifle instructor. She even has a few men who buy her products — including, she said, air marshals, who gravitate to the snug, comfortable designs.

"We have options that don't have lace. We have solid black," she said.

THE ASSOCIATED PRESS

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Anna Taylor's company makes clothing geared to women seeking to carry a firearm concealed. THE ASSOCIATED PRESS

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Kanye West show a literal hot mess



Anna Wintour, centre, braves the heat on Roosevelt Island to take in Kanye West's fashion show. GETTY IMAGES

NY FASHION WEEK

Crowd sweats as rapper unveils Yeezy Season 4

In sweltering heat, set to a slow, morose soundtrack, Kanye West debuted the fourth season of his Yeezy collection for Adidas at a park memorializing Franklin D. Roosevelt's famous four freedoms: of speech and worship, from want and fear.

Helping to kick off New York Fashion Week, West lured the fashion crowd, along with wife Kim Kardashian and two of her famous sisters, Kendall and Kylie Jenner, to Roosevelt Island just off Manhattan on Wednesday.

There, "multicultural" models, per his criticized casting call over the long holiday weekend, stood under a blazing sun as they greeted sweaty guests in beige and black leotards, bodysuits and other clingy, revealing foundation garments. Some were thonged. Some were two pieced and under-boobed. Some were non-distinct.

The invited sought refuge under the few trees available once the hour-long show finally began at Franklin D. Roosevelt Four Freedoms Park, featuring white monuments to his 1941 "four freedoms" state of the union address and anchored by a triangular grassy knoll used by the rapper.

A handful of more than 100 models hired for the marathon afternoon (as opposed to fashion shows that usually take 10 minutes or so) just plain sat down in the grass where they stood barefoot, felled by sizzling temperatures and walking once or twice to a box of bottled water set up at the front just for them.

Music by performance artist Vanessa Beecroft heralded more models who actually walked, on

a white runway that rimmed the knoll in thigh-high boots, including one poor soul whose stiletto-heeled pair weren't strong enough to hold her, forcing a sad wobble in her step.

The clothes the walkers wore were simple, loose fleece hooded looks and fall zip coats, leaving one to wonder whether the anticipated Yeezy Season 4 was worth risking dehydration and time suck for the fashion industry.

Certainly the models were happy for the hype job and relieved to hightail it out of the sun at the same time. Among West's walkers was a fierce-looking Teyana Taylor, the star of his new Fade video. Among his other celeb guests: Pharrell, Spike Jonze and Tyga.

THE ASSOCIATED PRESS

The clothes the walkers wore were simple, loose fleece hooded looks and fall zip coats, leaving one to wonder whether the anticipated Yeezy Season 4 was worth risking dehydration and time suck...

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5 OUT-OF-THE-BOX FILMS TO LOOK FOR

Festival films eschew the movie clichés we've come to expect. The majority are made by directors and screenwriters who want to tell different types of stories, or familiar ones told in unique ways. Here are a few making their way on the festival circuit and expected to be in theatres in the months ahead. **PETER HOWELL/TORSTAR NEWS SERVICE**



1 Toni Erdmann

At Cannes in May, journalists at a screening of Maren Ade's **Toni Erdmann** interrupted their oh-so-serious concentration and applauded as actress Sandra Hüller suddenly started singing Whitney Houston's *The Greatest Love of All*. But the father/daughter hijinks of Toni Erdmann won most of us over, making the film the hit of Cannes 2016 — and it's likely to be just as popular with audiences in the coming days at the Toronto International Film Festival, where it will have its Canadian premiere.



2 La La Land

Damien Chazelle's **La La Land** happily and colourfully salutes vintage musicals like *The Umbrellas of Cherbourg*, with Ryan Gosling and Emma Stone making for a most winsome song-and-dance pairing. Yet the film also addresses modern angst about ambition, questioning the trade-off of getting what we want while risking what we have.



3 Paterson

Jim Jarmusch's **Paterson** finds poetry in the quotidian habits of a New Jersey bus driver, played by Adam Driver, who delights in the simple pleasures of a devoted wife (Golshifteh Farahani) and a daily post-work beer, which move him to scribble deceptively blank verse into his notebook.



4 Two Lovers and a Bear

Two Lovers and a Bear, by Montreal's Kim Nguyen, is loaded with surprises that make the sitcom title seem almost like a misnomer. That bear, for example, speaks with the voice of actor Gordon Pinsent. And the characters played by Tatiana Maslany and Dane DeHaan don't follow footprints left by others in the Arctic snow.



5 Arrival

I haven't yet seen **Arrival**, the sci-fi film by Denis Villeneuve, which stars Amy Adams as a linguistic expert summoned to communicate with visiting extraterrestrials. But I am delighted to see from reviews out of Venice and Telluride that Villeneuve appears to have eschewed many sci-fi tropes while maintaining many of the tale's deep mysteries.

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Sean Penn a leader in peace, justice: Haggis

TIFF

Actor to be recognized for 2010 Haiti relief efforts

When a catastrophic earthquake struck Haiti in 2010, Canadian filmmaker Paul Haggis wanted to help but was stuck for days in a Fort Lauderdale, Fla., airport waiting for flights to resume to the region.

Enter actor-activist Sean Penn, who picked up Haggis in his cargo plane and flew him as well as a medical team and supplies to help with the relief efforts.

When it comes to humanitarian work and fighting for what he believes in, Penn delivers results, says Haggis, who is honouring the two-time Oscar winner with an award at his Artists for Peace and Justice benefit in support of Haiti in Toronto on Sunday.



Sean Penn will receive a peace and justice award at the eighth annual Artists for Peace and Justice Festival Fair.

THE ASSOCIATED PRESS

"I've always truly admired him," says Haggis, a London, Ont.-born writer-director who has also won two Oscars, for

his 2006 film Crash.

"He speaks his mind and he walks the walk and there are so few people in this world

... who do that."

Penn will receive a peace and justice award at Haggis's eighth annual benefit, the 1822 Artists for Peace and Justice 2016 Festival Fair. He's being recognized for his humanitarian work in Haiti and hurricane-ravaged New Orleans, as well as his activism.

Penn is also known for his landmark interviews, including last October's chat with fugitive Mexican drug lord Joaquin (El Chapo) Guzman for Rolling Stone magazine. He was heavily criticized for the secret meeting, which he said was intended to shed new light on the U.S. government's drug policy.

"I kind of loved him for it," says Haggis. "I think our drug laws are so draconian, I think we have created much of this problem and we love to point the finger and vilify others ... This has created as much of this problem as the drug lords have." THE CANADIAN PRESS

BIRTH OF A NATION

Focus still on Parker ahead of screening

The Birth of a Nation is slated to screen at the Toronto International Film Festival on Friday, but the buzz surrounding the slave rebellion drama has moved away from the screen in recent weeks as controversy swirls around co-writer, director and star Nate Parker.

A 17-year-old rape allegation against Parker and his co-writer Jean Celestin while they were students at Penn State University has loomed in the headlines and threatened to overshadow the film.

Parker was acquitted in the case. Celestin was initially found guilty of sexual assault in the same case, but the conviction was later overturned when the accuser declined to testify for a retrial. The accuser killed herself in 2012.

"Obviously, it's very unfortunate for Nate to have something that happened to him 17 years ago and something that he was found not guilty of be really tearing this work apart," said co-star Mark Boone Junior in a phone interview.

TIFF still plans to screen the



Actor-director Nate Parker.

THE ASSOCIATED PRESS



This story has never really been told.

Mark Boone Junior on The Birth of a Nation

film, and a press conference with the talent is scheduled.

Parker portrays Nat Turner, a literate slave and preacher who leads a slave revolt against white plantation owners in 1831 Virginia.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS



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Almost half of the teens who considered suicide had gone further and formulated a specific plan to take their own life. ISTOCK

Teen suicide struggles examined in new study

MENTAL HEALTH

Over one in five Canadians aged 13-18 thought of taking own life

A new study suggests that one in five Canadian teens has seriously considered attempting suicide in the previous year.

The survey by Kids Help Phone found that 22 per cent of more than 1,300 respondents thought about taking their own life. Almost half of them had also formulated a plan.

"That is concerning," Alisa Simon, vice-president of the national help line's counselling services, said of the findings released Thursday.

"What we really want to do is to be thinking about what's the conversation we need to be creating in Canada. What are the prevention opportunities now?" said Simon.

"Do we teach young people from a very young age to talk about suicide, to talk about mental health, that reaching out for support is critical? And what to do if a friend comes to them in need?"

A key step would seem to be "breaking down the stigma, breaking down the barriers" to seeking help, noted Simon, adding that the survey did not delve into why kids had considered suicide.

Girls appeared twice as likely to have seriously considered suicide as boys — 67 per cent girls versus 33 per cent boys — while almost half of the teens who had considered suicide did not speak to anyone about it.

Data also revealed that teens reporting suicidal thoughts tended to experience violence at home or at school (27 per cent), concerns about body image (75 per cent), or addictions to drugs and alcohol (23 per cent). These kids were at least twice as likely to seriously consider suicide compared to the general teen population.

A primary indicator seemed to be whether a teen had searched the web or social media about suicide — more than half of teens who had considered suicide (55 per cent) also searched online for infor-

+ KEY NUMBERS

The Teens Talk 2016 report is based on a national online survey in May of 1,319 teens aged 13 to 18, statistically representative of age and gender across each province.

■ **22 per cent** of teens surveyed had considered attempting suicide in the previous 12 months;

■ Of teens who considered suicide, **46 per cent** thought about how, when and where they would attempt suicide and 47 per cent didn't speak to anyone about it;

■ **69 per cent** of girls and 31 per cent of boys reported body or self-image concerns.

mation. "That is not necessarily a negative thing," added Simon.

"Young people are often going to find support, they're often going to find others that anonymously they can connect with potentially who understands what they're experiencing...."

"There is no longer a line for young people between their online and off-line worlds and it is misleading to believe that somehow the Internet is the cause of all sorts of problems."

But understanding how youth connect, as well as the barriers they face to seeking help, is crucial to helping them cope with myriad stresses, she said.

Heading back to school is an especially stressful time for many teens.

"We often see an increase in contacts to Kids Help Phone around back-to-school when young people start feeling quite nervous about the fact that maybe they're changing schools because they're moving up a grade, maybe they've experienced bullying or some sort of challenges in school that they've had a respite from over the summer."

THE CANADIAN PRESS

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Sia, the Shins, late night TV host James Corden, Regina Spektor and Chris Cornell of Soundgarden all contribute to Netflix's Beatles-inspired animation Beat Bugs. CONTRIBUTED

Beat Bugs come to life — with a little help from friends

INTERVIEW

Trans-Pacific team bring Fab Four to kids TV

For years, Josh Wakely had a dream: turning songs by the Beatles into an animated children's series. When it came to getting rights to the group's clas-

sic music catalogue, however, to paraphrase one of their hits, he'd say yes, they'd say no, they'd say stop and he'd say go go go.

Eventually, with the help of a Canadian production company, they were all able to come together. The result is Beat Bugs, a delightful 3D animated series available now on Netflix. New episodes are due on the streaming service in November.

Wakely, an Australian writer/producer/director, says that when he listened to the Beatles, he heard children's music.

"I think there, hidden in their genius, was this child-like quality," he says on the phone from Los Angeles. "Hello Goodbye is a great song for children. What would it be like to be in a yellow submarine? What would it be like to be lost in a strawberry field forever?"

His vision was for a group of colourful, animated garden insects to interpret Beatles songs in a backyard setting for an audience of four- to seven-year-olds. His passion for the project led him to Sony ATV Music Publishing, gatekeepers of the Beatles catalogue.

ble, CEO of Vancouver-based Thunderbird. "They also had a short window in order to exercise the rights. They needed somebody to step up and green-light the show."

Thunderbird was in the kids' TV business with Some Assembly Required and Mr. Young. They're also co-producing the upcoming comedy Kim's Convenience for CBC. Gamble says he took a leap of faith.

"We probably committed to it long before we should have," says Gamble. "We were on the hook before we ever had it sold."

"I just felt, if I can't sell Beatles and kids, I shouldn't be in the TV business."

Gamble had to find a local animation house that could do such a demanding job. With clients such as Disney and Mattel, Vancouver's Atomic Cartoons had the skill set to make it all happen.

"We liked them so much," says Gamble, "we said, 'Well, why don't we get married?'" Last summer, Thunderbird acquired Atomic.

Atomic president Jennifer Twiner-McCarron worked closely

I just felt if I can't sell Beatles and kids, I couldn't be in the TV business.

Tim Gamble, CEO of Thunderbird

Others had tried and failed to obtain the rights before him. He argued that Beat Bugs would "make sure the Beatles' legacy continued down to future generations."

He eventually scored the rights to 50 Lennon-McCartney songs, including Blackbird, Magical Mystery Tour and Lucy in the Sky with Diamonds. Even songs that seem less appropriate for kids — such as the sexually-charged Why Don't We Do it in the Road — were re-imagined, in this case, as a ditty about road safety and awareness.

Wakely had to find the right production partner. The series had to be Pixar-like in quality to satisfy Sony ATV, and it had to happen fast.

He went on what he calls "a world tour" looking for that partner. After stops in France, Australia, Los Angeles and Europe, he found what he was looking for in Vancouver. A pre-existing Canada-Australia production alliance treaty helped make an expensive deal financially feasible.

"When they came to us, they had the rights," says Tim Gam-

with Wakely to make sure her team of 260 artists and animators captured his vision.

She did have a moment of doubt about the series. After all, the Beatles' last concerts were 50 years ago this summer.

Then she started making animated test reels for Beat Bugs and her own three children, all under 10, were running around the house "singing 'coo-coo-ca-choo' from I Am the Walrus."

Netflix pushed the idea of getting contemporary performers to sing the Beatles' songs. Sia, the Shins, Carpool Karaoke late night host James Corden, Regina Spektor and Chris Cornell of Soundgarden all contribute, as does Pink (as a dragonfly with kaleidoscope eyes), Rod Stewart and Eddie Vedder.

Wakely is already at work on his next animated project: turning Motown songs into kiddie classics. More Beat Bugs are also on the way. He hasn't heard yet from surviving Beatles McCartney or Ringo Starr, but if they want in, what could they sing?

Says Wakely, "Anything they want." THE CANADIAN PRESS

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Take notice that on the 23rd day of September 2016 at 2:00 p.m., at Calgary Family Court, Courtroom #1205, 601 - 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Temporary Guardianship Order**, for your child born on **February 20, 2015**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You have the right to be represented by a lawyer.

If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make any Order that they deem appropriate, including a Permanent Guardianship order. **You will be bound by any Order the Judge makes.**

You have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Laina Mark

Stoney Nakoda Child & Family Services

Phone: (403) 881-3900



BRITISH COLUMBIA

Charming, quaint, Gibsons also a magnet for art lovers

Howe Sound is glass-still on the voyage from Gibsons Landing to Keats Island, save for the odd motorboat wake jostling the kayak.

The peace is also broken momentarily as a seal bursts out of the water, letting out a hearty snort before it dives back beneath the surface.

Gibsons is a quaint and colourful town at the southern end of British Columbia's Sunshine Coast, a 180-kilometre stretch of picturesque oceanside communities and jagged coastline along the Strait of Georgia.

Many visitors to Gibsons get a kick out of the numerous nods to the long-running Canadian sitcom *The Beachcombers*, which was filmed in the town and ran from 1972 to 1990.

The *Persephone*, the tug piloted in the show by log salvager Nick Adonidas (played by Bruno Gerussi), sits on a prominent street corner in the centre of town, right by Molly's Reach, the cafe where much of the action took place.

"Someone gets their picture taken every day in front of Molly's Reach," says bed-and-breakfast owner Celia Robben, who heads up Sunshine Coast Tourism.

"To a specific demographic, it's definitely a draw... If you're under 30, you don't have a clue."

Most visitors arrive at the Sunshine Coast via ferry from Vancouver's Horseshoe Bay. The northern part of the Sunshine Coast can also be accessed by ferry from Comox, on Vancouver Island.

Robben estimates up to half a million visitors come to the region every year, though the summer is by far the busiest time. The permanent population is only about a tenth of that.

"We're very much a cottage country for Vancouver and the Lower Mainland," she says.

Robben and her husband moved to Gibsons about a decade ago from Houston to open their B&B, Arcturus Retreats. She recalls making the decision while on a ski vacation in Whistler.

"As we were driving up the Sea-to-Sky (Highway), we were looking over at the Sunshine

Good day, Sunshine



Gibsons is located on the southern end of B.C.'s Sunshine Coast, and gets half a million visitors a year. ISTOCK



We're very much a cottage country for Vancouver and the Lower Mainland

Celia Robben, bed and breakfast owner

Coast, seeing our future home at a distance," she says. That was in February.

"By July, we were house-hunting."

Outdoor activities are a big draw, says Robben. In a climate where temperatures rarely dip below 0 C, kayaking, mountain biking and hiking can be done year-round.

In the winter, there's also cross-country skiing and snowshoeing on Dakota Ridge - a quiet alternative to packed resorts elsewhere on the West Coast.

"You can come over here and be on the trails on your own," says Robben. For hikers



While millennials will probably not get the reference, Molly's Reach is a popular photo opp for tourists who remember the CBC show *Beachcombers*, which ran from 1972 to 1990.

ISTOCK; INSET HANDOUT

on the Sunshine Coast Trail, warming huts are also available throughout the winter.

In Gibsons, there's a steep

but short hike up Soames Hill that ends with stunning views of the town, Howe Sound and the surrounding mountains.

to the north, with trails of varying lengths and scenic views of waterfalls.

Even farther up the coast is Skookumchuck Narrows Provincial Park, where hikers, if they time it right, can see powerful tidal rapids in action.

The Sunshine Coast is also a magnet for art lovers, Robben says, with painters, potters, jewelry makers and glass blowers setting up shop in the region.

A purple banner outside an artists' studio signifies that the public is welcome to pop in. An "art crawl" is set for Oct. 21-23 along the Sunshine Coast Highway. Last year's event included 125 venues.

The region's tourism website boasts that the area is "home to the highest per capita population of artists and crafters in Canada."

THE CANADIAN PRESS



A gem for locals is Cliff Gilker Park, in Roberts Creek

The tourist's guide to nerd-vana

TECHNOLOGY

Silicon Valley an increasingly popular selfie destination

There's a quirky twist on tourism emerging amid the Silicon Valley whirlwind of innovation that has tethered everyone to their smartphones.

Those omnipresent devices are being used to track down technological touchstones scattered around the San Francisco Bay area so selfies can be taken, videos can be recorded and the experience can be celebrated in a Facebook post, Snapchat or tweet.

Here's a tourist's guide to nerd nirvana:

Growing up in a garage

Silicon Valley startups have a history of humble beginnings, dating to 1939 when Hewlett-Packard Co. was founded in a Palo Alto, California, garage. It still stands at 367 Addison Ave., considered by many to be the birthplace of Silicon Valley. HP now owns the place.

Jobs was one of many entrepreneurs influenced by the HP legacy as a teenager, eventually inspiring him and his engineering friend, Steve "The Woz" Wozniak, to begin working on Apple's first computer in the home of Jobs' parents. That ranch-style house at 2066 Crist Drive in Los Altos, California, is now owned by Jobs' sister, Patricia.

After they started Google in 1998, co-founders Larry Page and Sergey Brin built what would become the world's dominant



People pose by Android lawn statues at Google's headquarters in Mountain View, Calif. Fans of tech culture will find a variety of places to visit and take a selfie around Silicon Valley. ERIC RISBERG/THE ASSOCIATED PRESS FILE

search engine in a garage and room they rented from Susan Wojcicki, whom they later hired (she now runs YouTube for them). The Menlo Park, California, house, at 232 Santa Margarita Ave., is now owned by Google.

The Palo Alto, California house where Zuckerberg did a lot of computer coding and threw some wild parties, if you believe the movies, is located at 819 La Jennifer Way. The place is still rented out by young entrepreneurs hoping some of Zuckerberg's magic will rub off on them.

Today's technology temples

The headquarters of Apple, Google and Facebook have turned into must-see shrines to products that have become part of culture's lifeblood.

None of the companies offers public tours, but that doesn't

mean you can't steal glimpses at these factories of innovation.

Search starts here

Google is the most accessible of the three headquarters. The hub of its Mountain View, California, campus is at 1600 Amphitheatre Parkway, with other Google offices sprawling almost all the way down to the nearby NASA Ames Research Center, where Page and Brin keep personal jets in a hangar.

Walk down Charleston Road and you are bound to see one of the company's employees (also known as Googlers) cruising on yellow, green, blue and red bikes placed outside all the offices to get to meetings more quickly.

While strolling around, make sure to swing into the office at 1981 Landings Drive, where you can take a selfie with Androstat-



Meta tourism: visitors pose for photos in front of Facebook that they will later post to Facebook. MARCHIO JOSE SANCHEZ/THE ASSOCIATED PRESS

ues memorializing different versions of the operating system that powers most of the world's smartphones.

Each statue represents a des-

sert because Google has nicknamed each version after something sweet. The menu includes Cupcake, Donut and Eclair. The latest serving of Android, called

CAMPUS 2

Apple, founded in 1976, has had a fiercely loyal following for decades.

New site

The current headquarters will be overshadowed early next year when Apple plans to open a nearby 2.8 million-square-foot, circular office that has been likened to a huge spaceship sitting on a 176-acre site. Known as "Campus 2," the new building is designed to accommodate about 12,000 workers. Before Jobs died in 2011, he stipulated that the campus should be surrounded by about 7,000 trees.

Nougat, has just rolled out.

A place everyone likes

The giant thumbs-up sign replicating Facebook's symbol for liking a post has become one of the most photographed spots in Silicon Valley since the social networking company moved its headquarters from Palo Alto to 1 Hacker Way in nearby Menlo Park five years ago.

Unless you happen to be in a plane or have a camera-equipped drone, you won't be able to see what's on top of another Facebook building across the street (an underground tunnel connects the offices). That building, designed by famed architect Frank Gehry, features a nine-acre park atop the roof. THE ASSOCIATED PRESS

POST 9/11

Lower Manhattan's rebirth

The revitalization of the New York City's downtown, powered by \$30 billion in government and private investment, includes not just the reconstruction of the World Trade Center site, but also two new malls filled with upscale retailers, thousands of new hotel rooms and dozens of eateries ranging from a new Eataly to a French food hall, Le District.

The statistics alone are stunning. There are 29 hotels in the neighbourhood, compared to six before 9/11. More than 60,000 people live downtown, nearly triple the number in 2000. And last year, the area hosted a record 14 million visitors, according to the Alliance for Downtown New York.

And while there's plenty to do downtown for free, including seeing the 9/11 memorial



Construction cranes continue working on top of 3 World Trade Center. MARK LENNIHAN/THE ASSOCIATED PRESS

park, visitors have also shown a willingness to pay relatively steep prices for certain attractions. The 9/11 museum, which charges \$24 U.S., has drawn 6.67 million visitors since its May

2014 opening. The observatory atop One World Trade Center, which charges \$34 U.S., has drawn three million people in the 15 months since it opened.

THE ASSOCIATED PRESS

TRAVEL NOTES BEAUTY QUEENS AND BEARS ON PARADE

Miss America contestants not the only hopefuls in Atlantic City

There they are: the 52 Miss America contestants, on the Atlantic City Boardwalk — and not a moment too soon for a city that could use a happy diversion. The hopefuls were welcomed to the seaside resort to kick off celebrations which culminate in the crowning on Sept. 11. They arrived as the city faces yet another casino closing. "Miss America is just what this city needs right now," said Mayor Don Guardian.

THE ASSOCIATED PRESS



MEL EVANS/THE ASSOCIATED PRESS

Alaskans live among bears — both real and brightly coloured

Alaska's largest city is home to more than 300 grizzly and black bears — and now more than a dozen multicoloured ones. Life-size statues painted by city artists for a public art installation called Bears on Parade are popping up as part of an effort to raise awareness that if you live in Anchorage, you live near bears.

THE ASSOCIATED PRESS



DAN JOLING/THE ASSOCIATED PRESS

Spiritual retreat in the desert heat



Visitors walk a labyrinth with the Tucson Mountains and Sonoran Desert in the background in Marana, Ariz. Sanctuary Cove offers hiking, scenery, a labyrinth and an overnight cottage. MARK MITTELSTADT/THE ASSOCIATED PRESS

ARIZONA

Visitors have flocked here for 60 years

The distinct, bell-shaped mountain rising above the Sonoran Desert northwest of Tucson holds a special power, say those who've spent time here — a magnetism that draws you in, sets you apart, even if only momentarily, from a difficult world, and perhaps even heals.

Named Safford Peak by early settlers, this protrusion of rock, scrub and cactus has beckoned visitors for centuries. For nearly 60 years, some of that land has been maintained as a place to hike the desert landscape, meditate, pray or just take time out from life.

That mystique draws many visitors to Sanctuary Cove, a spiritual retreat on the western edge of Marana, a sprawling Tucson suburb. The property has a guest cottage, a small, modern structure with amazing views across the Tucson Basin from the front and a large patio in back jutting into the mountain desert.

Sanctuary Cove's website describes its mission as "providing a natural place of peace and unspoiled beauty" offering an opportunity to "draw apart" from the intensity of today's hectic lifestyle.

That mission has roots in centuries past, when indigenous tribes were believed to have visited, used and traversed the area. Today the property is operated by All Creeds Brotherhood, a non-profit founded by Elmer

Staggs, a First World War veteran who came to Arizona in 1917 to recover from tuberculosis.

He homesteaded a large desert parcel outside Tucson, later selling some of it, including 31 acres to the federal government for the adjacent Saguaro National Park. But he retained 80 acres for public use for hiking, meditation and religious services.

A labyrinth, built from desert rocks by former caretakers Chuck Koesters and Annie Bunker, encourages visitors to clear their minds and absorb the desert's beauty as they walk the circular formation. Trails offer views of Tucson to the right and Marana below. Skilled hikers can tackle rock-faced "Sombbrero Peak," the name locals give Safford Peak.

Inspirational signs dot the trails. "It takes a long, long time to see the desert ... It asks us to redefine what is beautiful," reads one attributed to conservationist Terry Tempest Williams.

"Happiness is not a state to arrive at, but a manner of travelling," reads another, a revised quote from early 1900s author Margaret Lee Runbeck.

The cottage sleeps three, with a modern bathroom and full kitchen. Shelves are stocked with books, many eclectic and out-of-print themed on self-help, inspiration and spirituality.

The front porch is perfect for reading, enjoying morning coffee or simply sitting. The 500-square-foot covered patio in back reaches into the scrub and cactus, a good place to meditate, practice yoga, barbecue or snooze in a hammock, all while enjoying panoramic views and

CONNECTED

Challenges

Balancing high-minded ideals of reflection and spirituality with contemporary culture can be a challenge. As Langley prepared to close the gates one night, a mother and grown daughter insisted on walking a couple hundred yards to the chapel, smartphone in hand, in pursuit of virtual Pokemon.

"That was a first for me," Langley laughed.

wildlife.

"I've seen mountain lion, desert fox, deer, javelina, bobcat, rattlesnakes, tarantula, Gila monster, coyote, desert tortoise," said caretaker Amy Langley. "I've heard some bobcat screams that will scare the pants off you."

Sanctuary Cove is also home to many birds including turkey vultures, desert wrens, doves, Gambel's quail, owls and hummingbirds. A rare elegant trogon was recently spotted, Langley said.

"At the end of the day when the light is fading, when the sun's going down, the last light, it's just beautiful," Langley said. "I've had people come out here ... they haven't been here for years and 'Oh, we just wanted to come back because I had some really powerful times in my life here.' So there's something about that mountain that people are very drawn to."

THE ASSOCIATED PRESS

TRAVEL NOTES ARTIFACTS, PRINCE & PETS

Americana on display

Items belonging to Alexander Hamilton are now on display among the 18th century military exhibits at Fort Ticonderoga. The rare items include a circa 1790s sword with Hamilton's name on it, his mahogany writing box and an epaulet from his Continental Army uniform. Hamilton, whose life is the subject of a hit Broadway play, never visited Ticonderoga. But his father-in-law, Philip Schuyler of Albany, was in charge of the fort during the early years of the American Revolution. THE ASSOCIATED PRESS



ISTOCK



GETTY IMAGES

Wanted: Tour guides, security for Prince's Paisley Park

Paisley Park needs employees to handle the hordes of fans expected to visit Prince's private estate and studio complex in suburban Minneapolis when it opens for public tours. Paisley Park includes the rock star's home and studios where he recorded, produced and mixed most of his biggest hits. It also features the soundstage where he rehearsed for tours and hosted private concerts.

THE ASSOCIATED PRESS

Lincoln museum to host Pets in the White House event

The Abraham Lincoln Presidential Library and Museum is hosting an event dedicated to teaching the public about past presidential pets. The event gives the public the chance to learn about little-known pets, like Lincoln's two goats, named Nanny and Nanko, and other presidential companions like mockingbirds and possums.

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At the Blue Arrow Records in the Waterloo Arts District in Cleveland, I was stepping on music history, going through an array of influential music. EMANUELA CAMPANELLA/TORSTAR NEWS SERVICE

OHIO

Former Rust Belt city has bounced back

Emanuela Campanella
For Torstar News Service

Walking down the streets of the Waterloo Arts District, I stumbled upon an indie record shop called Blue Arrow Records. I felt like I was walking on music history, with floors covered in old record posters. Dracula's greatest hits were underneath my right foot and nearby was Elvis Presley looking oh so handsome.

At that moment, I realized, Cleveland is a special place.

"What's there to do in Cleveland?" my family had asked me.

Well, it's a little jewel that Canadians tend to bypass for cities like New York and Chicago.

One corner of the Waterloo Arts District looked like a revitalized junk yard, sprinkled with what looks like Christmas lights and sculptures. This is Cleveland now — revitalized through arts.

Like Pittsburgh or Detroit, Cleveland was part of the Rust Belt. It lost a lot of people when the manufacturing industry collapsed.

Thanks to tax credits, low property cost and a huge investment into the arts, Cleveland's population has now



Mike Kaplan, owner of the Glass Bubble Project in Cleveland shows visitors the first steps in how glass is blown. ISTOCK

bounced back.

What's nice about traveling here is that you can feel the passion, the raw sense of creativity and the resilience of artists.

The city is home to 78th Street Studios, 170,000 square feet of art galleries, artist studios, performance spaces and music recording studios. Every third Friday of the month, the "eclectic art maze," originally home to the Baker Electric Motor Vehicle Co., opens for a night of visual exhibits.

You will see metal track doors and old freight elevators where the cars were once taken down to the loading docks for distribution. Now the place is roaming with

creative types who've put their love and sweat into their paintings, photographs and sculptures.

Besides the burgeoning arts movement, Cleveland has a long history with music. At the Rock & Roll Hall of Fame, you literally go through the majestic evolution of music.

There's Michael Jackson's sparkly glove, Janis Joplin's psychedelic Porsche and scribbled lyrics from the Beatles.

With the world's largest collection of rock artifacts, the Hall of Fame reminds you that music lives strong, no matter what political unrest or turmoil is happening across the globe.

On a smaller scale, the Happy Dog at Euclid Tavern is an ultra retro bar that has become an institution and a true Cleveland treasure for live music. I sank my teeth into a gourmet hot dog topped with Froot Loops during the kitsch "Polka Happy Hour." Only here will you get an intimate show by Cleveland Orchestra musicians.

If you're feeling fancy, go to Severance Hall to catch the Cleveland Orchestra. There's something chilling about hearing 100 members of the orchestra perform together for a full-on classical experience.

Tenacity meets style in a town where you can browse modern art inside a turn-of-the-century car factory, hear the orchestra perform live inside the local hot dog joint and chow down on pierogis at the legendary Beachland Ballroom concert venue.

While admiring the intricate red and yellow hues from hand blown glass at the Glass Bubble Project in the Ohio City neighbourhood, I was told by owner and artist Mike Kaplan that once you catch the art "bug," in Cleveland, it's hard to leave.

Emanuela Campanella was hosted by Destination Cleveland, which didn't review or approve this story.

GROWING
Cleveland's population has increased by 79 per cent since 2000, according to Downtown Cleveland Alliance



URBAN RENEWAL

Growing grapes, saving lives in Cleveland's east side

Rows of red and white grapes climb trellises surrounded by a crumbling brick building, an empty corner store and graffiti-covered apartments.

The man who planted the vineyard says his plan for the lot once occupied by a crack house goes far beyond bottling wine. Mansfield Frazier wants to show there's still hope for the neighbourhood and for those trying to move away from a life of crime, just like he did years ago.

Too often, neither one is given much of chance — at least not on the city's east side where the collapse of the manufacturing economy, poverty and racial inequality came together, leaving behind some of the nation's bleakest areas. Home to oil tycoon John D. Rockefeller and other wealthy industrialists during the early 1900s, the mansions along "Millionaire's Row" have given way to desolate neighbourhoods where every fifth house is vacant, over half the children live in poverty and crime is a constant worry.

"There's a pipeline from cradle to prison in too many homes in our community," said Frazier, 73, a former hustler whose dealings with stolen and counterfeit credit cards kept him in and out of prison until two decades ago.

The idea of growing grapes started out six years ago, Frazier said, as a way to spruce up the weed-infested corner across from his home and take a stand for the community. THE ASSOCIATED PRESS



Ex-hustler Mansfield Frazier checks his grapes.

TONY DEJAK/THE ASSOCIATED PRESS

The Jays' hunt for October

The Blue Jays are hoping a return to Rogers Centre will help them bounce back after a three-game sweep in New York knocked Toronto out of first place in the American League East. The division race is the tightest in Major League Baseball with Toronto, Baltimore and New York all within striking distance of first-place Boston. Here's a look at five things to watch as the Blue Jays make their playoff push.

1 Big guns

The Blue Jays have lined up their best starters for a key three-game series with the Boston Red Sox this weekend. Marco Estrada (8-7, 3.56 ERA) gets the nod in Friday night's opener. Left-hander J.A. Happ (17-4, 3.34) will start Saturday and Aaron Sanchez (13-2, 2.92) is on tap Sunday. Toronto — holder of the first AL wild card-spot — enters the series in second place in the East, one game behind the Red Sox.



2 Missed opportunities

Toronto had trouble cashing in runners earlier this week in New York. Improvement will be needed this weekend against Boston, a team with arguably the best offence in the major leagues. The Blue Jays cashed in only six of 28 runners in scoring position during the three-game series in the Bronx.



3 September schedule

With the exception of a seven-game West Coast road trip, Toronto will only play East division opponents the rest of the way. The Jays will end the regular season with a three-game set at Fenway Park against the Red Sox. Boston will play all 23 of its remaining games against East opponents while Baltimore will play 17 of its 23 games against division rivals.



4 Numbers game

It took 93 wins for the Blue Jays to win the East last year and a number close to that will likely be needed to claim the division title this season. To get to 93 victories, the Blue Jays (77-62) would need to close out the campaign on a 16-7 run. However, it's possible that 90 wins could be enough since there are so many intradivision matchups on the schedule.



5 Spoiled September

The 2015 edition of the Blue Jays had a 51-51 record in late July before going 42-18 en route to their first division title since 1993. Former ace David Price left Toronto for Boston as a free agent, stinging many Toronto fans. He'll likely be on the mound in that season-ending series between the Red Sox and Jays.



THE CANADIAN PRESS
PHOTOS BY GETTY IMAGES

IN BRIEF

Canadian women top Britain in wheelchair hoops opener

Canada's women's wheelchair basketball team opened the Rio Paralympics with a 43-36 victory over Britain on Thursday.

Janet McLachlan of North Vancouver, B.C., scored 21 points and grabbed 22 rebounds to lead a Canadian team looking to bounce back from a sixth-place finish four years ago in London.

THE CANADIAN PRESS

Lochte forced to forfeit Olympic prize money

Ryan Lochte will forfeit \$100,000 and a chance to swim at next year's world championships as part of the penalty for his drunken encounter at a gas station in Brazil during last month's Olympics. Lochte will also get no monthly funding from either the U.S. Olympic Committee or USA Swimming.

THE ASSOCIATED PRESS

Receiver Jones ready to take flight for Falcons

The Falcons have wide receiver Julio Jones back with full clearance for practice, confirming the team's biggest star will be ready for Sunday's opening game against Tampa Bay.

Jones was held out of last week's final pre-season game with an ankle injury and was limited in Wednesday's practice.

THE ASSOCIATED PRESS

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FRIDAY, SEPTEMBER 23

PRESENTED BY



ADRENALIN
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Brown keeping Norman quiet

NFL SEASON OPENER

Trash-talking Redskin has a lot of respect for Steelers WR

The fast-talking cornerback that never met a wide receiver he didn't like to mess with is taking a decidedly different approach when it comes to Antonio Brown.

No shade. No sarcasm. No passive-aggressive taunting from Josh Norman heading into Washington's opener against the Pittsburgh Steelers. Goaded Odell Beckham is one thing. Doing the same with a player who is treating his club's record book like a dry erase board is something else entirely.

"Now coming in and just watching him and what he's able to do, it's just freakish," Norman said. "When you look at a wide receiver in the NFL, you don't have to stop nowhere other



Antonio Brown, left, and Josh Norman. GETTY IMAGES

than Antonio Brown. It starts and it ends with him."

With an emphasis — the Redskins hope — on "end."

The offence that takes the field on Monday night won't exactly look like the one the Steelers envisioned heading into 2016. Running back Le'Veon Bell will spend the first three weeks serving a suspension for violating the league's substance abuse policy.

Wide receiver Martavis Bryant is sitting out the entire season because of drug issues of his own. Tight end Ladarius Green — signed to fill the void left by Heath Miller's retirement — is on the physically unable to perform list and it's anybody's guess on when he'll return.

Their absence makes Brown that much more valuable while simultaneously making the Steelers that much more vulnerable if Washington finds a way to neutralize him.

While the Redskins are keeping mum on whether Norman's No. 24 will shadow Brown no matter where he lines up in offensive co-ordinator Todd Haley's imaginative scheme, Brown insists he doesn't care one way or the other.

Asked Thursday if he expects Norman to follow him, Brown joked "I think a lot of people follow me on Twitter, Snapchat, Instagram."

Keeping one of the NFL's best in check would make for an audacious first impression. Maybe that's why for once Norman isn't trying to make his words speak as loudly as his actions.

"I have nothing, but respect for that guy," Norman said..

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Week 1.



Serena Williams waves to the crowd as she leaves the U.S. Open on Thursday in Flushing Meadows. JULIO CORTEZ/GETTY IMAGES

U.S. OPEN

Serena sent home in semis

Serena Williams was upset in the U.S. Open semifinals for the second year in a row, beaten 6-2, 7-6 (5) by 10th-seeded Karolina Pliskova of the Czech Republic on Thursday night.

Williams, who clutched at her left hamstring occasionally in the second set, double-faulted to end it.

The loss prevents Williams from earning her seventh championship at Flushing Meadows and 23rd major title overall, which would both have been Open-era records.

It also means Williams' 3 1/2-year reign at No. 1 in the WTA rankings will end. She will be overtaken on Monday by current No. 2 Angelique Kerber, who plays Caroline Wozniacki in Thursday's second semifinal.

A year ago, Williams' bid for a calendar-year Grand Slam ended when she lost in the U.S. Open semifinals to unseeded Roberta Vinci of Italy in the semifinals.

Pliskova advances to her first major final.

THE ASSOCIATED PRESS

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AUTO RACING

F1 zeroes in on North America

In the world of motorsports, there is Formula One and then there is everyone else.

Nothing can compete with the glitz and glamour that accompanies F1 and its \$10 million machines that breathlessly power through the streets of Monaco, race courses in Shanghai, Sepang and Sochi, make stops in Australia, Austin and Abu Dhabi.

Celebrities trot all over the globe to walk the F1 grid, to visit the Ferrari and Mercedes paddocks, to sip espresso with the superstars. The series has rabid fans who wake at all hours to watch races, to wave the flag for their countrymen, to strategize fuel mileage and tire wear.

Despite its popularity, Formula One is barely a blip on the radar in the United States, where NASCAR, IndyCar and even sports cars rule supreme.

But Formula One is getting a new owner, one based in the U.S., no less, and the change at the top should amount to new eyes giving a fresh look at the

global reach of the most popular form of motorsport in the world. Liberty Media, which has stake in SiriusXM and the Atlanta Braves, announced this week it will purchase F1 from European private equity firm CVC Capital Partners for \$4.4 billion.

Zak Brown, CEO of CSM Sport & Entertainment, one of the largest sports marketing groups in the world, believes the change

“

When people dig down, there's a big difference between NASCAR and F1. There's plenty of room for both.

Name of person

focus on the desires of sponsors and teams.

And what is it that most sponsors and teams want?

"There's not a single sponsor that doesn't want Formula One to be bigger in North America," Brown said. "It's the most untapped, mature market for Formula One to improve its growth."

THE ASSOCIATED PRESS

IN BRIEF

Washington pitcher Strasburg suffers injury

Nationals pitcher Stephen Strasburg has a strained flexor mass in his right elbow, and there is no timetable for his return.

Washington director of athletic training Paul Lesard says the injury is not season ending and the ligament Strasburg had repaired with Tommy John surgery in 2011 is unaffected. Strasburg left his start Wednesday after feeling a pinch in the back of his elbow. THE ASSOCIATED PRESS

Tribe win on missed call

The Indians scored a pair of runs on a controversial bases-loaded wild pitch by David Paulino in the third inning that led to Cleveland's 10-7 win Thursday.

Cleveland led 2-1 when Lonnie Chisenhall attempted to check his swing on a pitch in the dirt. The ball bounced away from catcher Jason Castro.

Play was allowed to continue, although replays showed Chisenhall fouled off the pitch. All three runners — Francisco Lindor, Mike Napoli and Jose Ramirez — crossed the plate. THE ASSOCIATED PRESS



Jose Mourinho and Pep Guardiola face off in England for the first time on Saturday morning. GETTY IMAGES

An historic derby awaits

SOCCER

Manchester's big one is first BPL face off for Jose and Pep

Mourinho United vs. Guardiola City. Or, as it's been known for the previous 171 games, the Manchester derby.

Never before in the 135-year history of the game has the intrigue and anticipation focused so much on the rivalry between the managers and their personal missions.

A build-up intensified due to the two-week Premier League break has often cast the players as the supporting act as two of soccer's greatest coaching minds compete for supremacy in the northern English city.

When they faced off in Spain, about 400 miles separated Pep Guardiola's Barcelona and Jose Mourinho's Real Madrid. Now, they're on opposite sides of town.

"I've played in derby games in Germany but this should be a great match and one I'm really looking forward to, especially because Pep Guardiola is

taking on Jose Mourinho," said Leroy Sane, who joined City last month from Schalke. "It should be a special game and we can sense the expectation all around the city from our supporters. It's going to be exciting."

Of their nine meetings in Spain, Guardiola won five and Mourinho only two. Before then, when Mourinho was at Inter Milan, the Portuguese masterminded only one victory over Guardiola's Barcelona and lost two of the other three encounters.

The duo spent the off-season trying to downplay any tensions, including dismissing speculative, goading inquiries about whether they would shake hands before a friendly in Beijing that had to be postponed because of bad weather.

Both Mourinho's United and Guardiola's City are putting perfect starts on the line, but it's only the fourth round of the Premier League, resuming after the break for World Cup qualifying. Guardiola's derby plans were disrupted by top scorer Sergio Aguero being suspended, with 19-year-old striker Kelechi Iheanacho the only direct replacement available.

THE ASSOCIATED PRESS

GOLF

Castro leading at BMW Championship

Roberto Castro wants nothing more than to go home to Atlanta, and he took a soggy step in the right direction Thursday in the BMW Championship.

Castro was just as good before the rain as he was after the storms cleared at Crooked Strick, running off eight birdies until a bogey on his last hole for a 7-under 65 and the temporary lead.

Storms and heavy rain caused a 3 1/2-hour delay and changed the nature of Crook-



Robert Castro
GETTY IMAGES

the round.

The first round was to resume at 8 a.m. Friday, with more bad weather in the fore-

ed Stick from fast and firm to greens that were soft and accessible. The delay meant that just under half the 69-man field finished

cast. Brian Harman got right back into gear. He was in position to potentially lock up his spot in the Tour Championship until closing with a 77 from the final group at the TPC Boston on Monday. He opened with a 66, with an eagle on the par-5 15th hole and no bogeys on his card.

U.S. Open champion Dustin Johnson was within one shot of the lead until he sent his drive into the lake to the right of the 18th fairway and made

bogey, giving him a 67 along with Jason Dufner.

Among those still on the course, Chris Kirk was at 5 under at the turn, while Hideki Matsuyama, Paul Casey and Adam Scott were at 4 under on the back nine. Casey had the 54-hole lead last week at the TPC Boston.

Castro, who has yet to win on the PGA Tour, made it to the Tour Championship in 2013 with a pair of top 10s in the playoffs. THE ASSOCIATED PRESS



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IN BRIEF

Wyatt one stroke ahead in DAP Championship

Bobby Wyatt took a one-stroke lead over Bryson DeChambeau on Thursday in the rain-delayed DAP Championship, the inaugural tournament that opens the four-event Web.com Tour Finals.

Wyatt closed with a birdie for a 7-under 63 at Canterbury Golf Club.

THE ASSOCIATED PRESS

Galaxy's Donovan may come out of retirement

Landon Donovan appears set to come out of retirement and rejoin the Los Angeles Galaxy. The team tweeted "He's back" on Thursday along with a video of Donovan putting on a No. 26 Galaxy jersey.

Now 34, Donovan retired after the Galaxy won the 2014 Major League Soccer title. THE ASSOCIATED PRESS

RECIPE Garlic Apple Grilled Cheese



PHOTO: MAYA VISNYE

Ceri Marsh & Laura Keogh
For Metro Canada



If you're looking for a way to switch up your humble grilled cheese then allow us to introduce you to our garlic apple version. You may never just grill a few slices of cheese between bread again.

Ready in 15 minutes

Prep time: 5 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 1 Tbsp butter
- 1 clove garlic, grated
- 1 Gala apple, peeled and thinly sliced
- 4 pieces of multi-grain bread
- 1/2 cup crumbled, aged cheddar

Directions

1. In a medium frying pan, melt butter over medium heat. Add garlic and sauté till garlic is translucent, about 2 minutes.

2. Toss in apples and sauté until soft, about 2 to 3 minutes. Remove apples and place on a clean plate.

3. In the same pan, place a slice of bread and then cover the top with the shaved cheddar. Lay slice of apple atop cheese and then cap with the other slice of bread. Cook until the underside becomes a gold brown then flip. Remove from the pan and serve when the cheese melts thoroughly and the top is also a golden brown. Repeat with other two slices of bread.

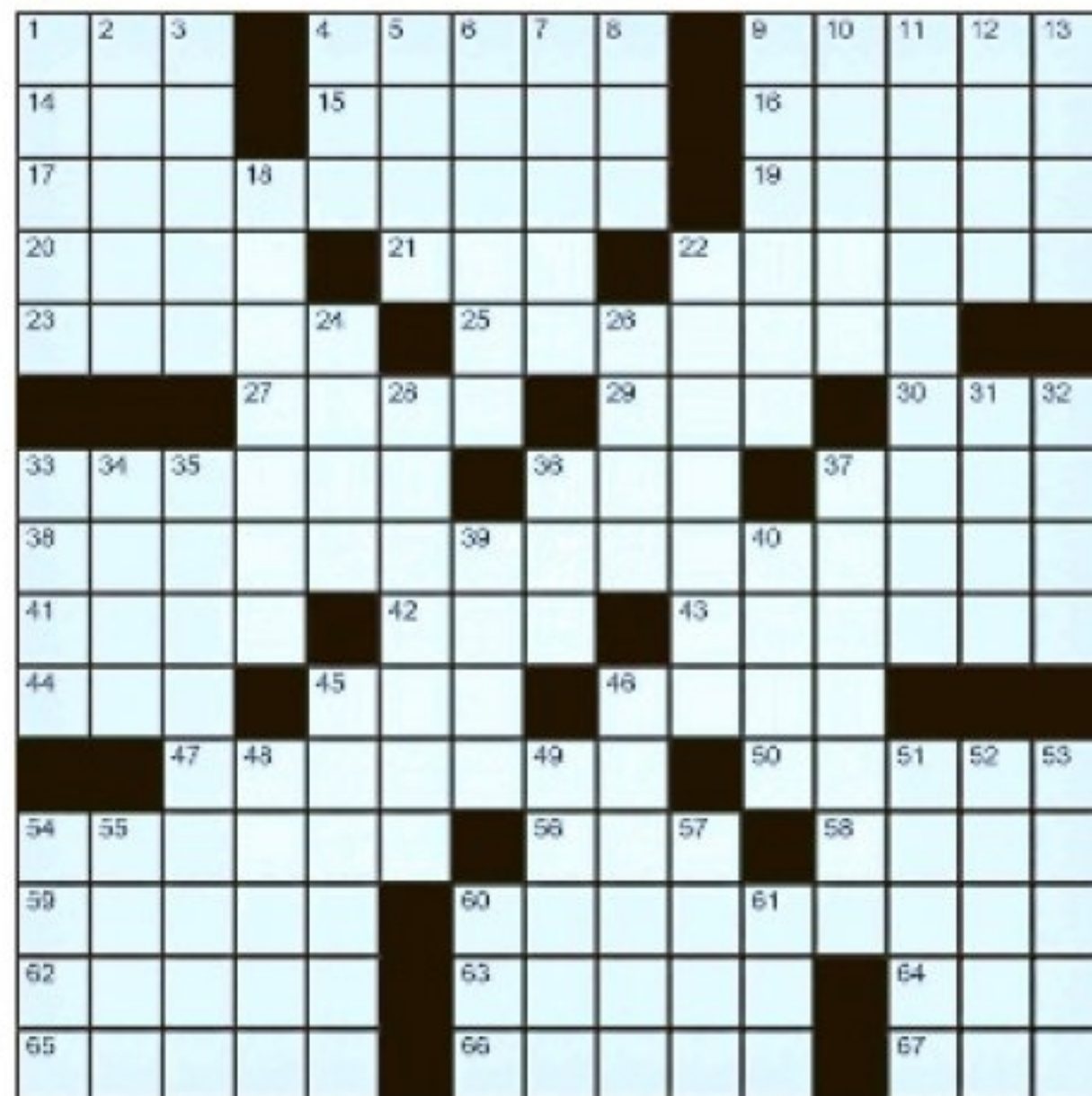
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Personhood proofs, puny-ly
4. Michael J., formally: 2 wds.
9. _ salts
14. Cacharel perfume
15. Henhouse
16. Bishop's hat
17. In proportion
19. Gripes
20. British actor Idris
21. Quebec-headquartered simulators co.
22. Grits debaters in Parliament
23. Rips
25. Robin aka Dick _
27. Overdue
29. 33.3 rpm-ers
30. Some univ. degrees
33. Tony _ "Saturday Night Fever" (1977) character
36. 23rd Greek letter
37. Kiln kind
38. September 9th, 2016... Biennial telethon (broadcasting live tonight on networks in Canada and The States) which raises money for research: 4 wds.
41. Donate
42. These: French
43. First Greek letters
44. Scottish writer Josephine
45. Campaigned
46. Drumheller's prov.
47. Manitoba's second largest city



50. SNL alum David
54. Groups of ships
56. Try the a-bit-too-hot soup
58. Balanced
59. Charter
60. Flaunts one's well-known connections: 2 wds.
62. Outer's op-

- posite
63. Imperial decree in tsarist Russia
64. Particular pan
65. Histories
66. Briny
67. Farm pen

DOWN

1. Map detail

2. Alan of Great Big Sea
3. Ballroom favourite
4. Soldier's food-in-a-packet [acronym]
5. US campus mil. program
6. Search, for instance, the forest for food

7. Willow's flexible twig
8. "Making Plans for Nigel" band
9. Make a raised design
10. Renaissance painter, _ della Francesca
11. About an hour southeast of Win-

- nipeg, it's Manitoba's third largest city
12. Golden _ (Ornamental pond fish)
13. Tidying target
18. Ms. Dietrich
22. Representative
24. Partially-eaten-here in-a-tin fish...
26. Additionally
28. Tropical fruit-eating birds
31. On the Atlantic
32. Gibraltar, et al.
33. Ernest G. Bilko's rank [abbr.]
34. End in _ (Draw)
35. One would think they would be a sailor's favourite legume: 2 wds.
36. Liq. measures
37. Where writers will write: 2 wds.
39. Remain unsettled
40. Hgts.
45. Appraisers
46. Muppets drummer
48. Adjust anew
49. Port city of Japan
51. Declares
52. Terminus
53. Laud to the heavens
54. Impertinent
55. Ms. Horne
57. Bug
60. Greek letters
61. Actress Susan

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Guess what? The next 12 months are fabulous for close friendships and relationships. It's the best time to marry in over a decade! Yee-haw!

Taurus April 21 - May 21
Start to look for fabulous opportunities to improve your job or get a better job, because they exist for you in the next 12 months. (Would I kid you?)

Gemini May 22 - June 21
Grab every chance to take a vacation and enjoy the arts, sports, fun times and flirtations in the next 12 months. Plan on lots of vacations in the next year!

Cancer June 22 - July 23
For the next 12 months, you have fabulous opportunities in real estate! If you cannot speculate in real estate, you can at least improve your own home

Leo July 24 - Aug. 23
Your everyday experiences, encounters and relationships will be super positive in the next year. This blesses all your dealings with relatives, siblings and neighbors.

Virgo Aug. 24 - Sept. 23
Finally, in the year ahead, you will have a chance to make more money. Not only will you boost your income, many of you will make major purchases as well.

Libra Sept. 24 - Oct. 23
Today Lucky Jupiter moves into your sign for the first time since 2005. This brings you great good fortune! Expect sunny days ahead.

Scorpio Oct. 24 - Nov. 22
For the next year, you will be quietly confident, because your focus will be on your inner development. Use this time to plan what you want your future to be all about.

Sagittarius Nov. 23 - Dec. 21
Do not feel worried if you are discouraged today. It's just one of those things. But the truth is, you can see what really is happening. Therefore, do nothing. Be safe.

Capricorn Dec. 22 - Jan. 20
Although you want to travel to expand your world through an increase in learning and knowledge, something is holding you back. The bottom line is that it is self-doubt: Don't listen to this voice.

Aquarius Jan. 21 - Feb. 19
Do not be discouraged if someone older is critical of you. Basically, some kind of misunderstanding is the cause. Do not take it personally.

Pisces Feb. 20 - March 20
This is a poor day to make important decisions or to accept instructions or direction from anyone in a position of authority. Everything is confusing!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



DEPEND ABSOLUTELY ON GOD

Dependent on God requires that you cast your entire burden upon Him bearing in mind that He is your burden bearer. Moreover, "In all your ways acknowledge Him, And He shall direct your paths" (Proverbs 3:6 NKJV). As you look up to God only for that desired breakthrough, healing, miracles, deliverance, He will surely answer you in Jesus' name.

For prayers and counseling call the pastor at 587.579.0454

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